



Why Lose Weight?

The Main Reason To Lose Weight Is For Health, Not Appearance



The risk of death rises with increasing weight. Even moderate weight gain (10 to 20 lbs) increases the risk of death, particularly among adults ages 30 to 64. People who are obese have a higher risk of death from all causes, compared to people at a healthy weight. Some reasons for this higher risk are known, but others are not. The incidence of heart disease is higher in persons who are overweight or obese (a waist circumference of 40 inches or more in men, and 35 inches or more in women). High blood pressure is more common in adults who are obese than in those who are at a healthy weight. Obesity is associated with elevated triglycerides (blood fat) and decreased HDL cholesterol ("good") cholesterol. Even when there are no adverse effects on the known risk factors, obesity by itself increases the risk of heart disease. The consequences of weight gain are serious for other health issues as well. A weight gain of 11 to 18 pounds increases a person's risk of developing type 2 diabetes to twice that of people who have not gained weight. Over 80 percent of people with diabetes are overweight or obese. Overweight and obesity are associated with an increased risk for some types of cancer including endometrial (cancer of the lining of the uterus), colon, gall bladder, prostate, kidney and postmenopausal breast cancer. Women gaining more than 20 pounds from age 18 to midlife double their risk of postmenopausal breast cancer, compared to women whose weight remain stable. Sleep apnea (interrupted breathing while sleeping) is more common in obese persons. Obesity is associated with a higher prevalence of asthma. For every 2-pound increase in weight, the risk of developing arthritis increases by 9 to 13 percent. Symptoms of arthritis can improve with weight loss.

EAT RIGHT. LIVE RIGHT. FEEL RIGHT.



FEATURED PRODUCTS



Quest™ Tortilla Chips—Hot & Spicy

Quest™ Hot & Spicy Tortilla Style Protein Chips bring the heat you're looking for, with a satisfying crunch, mouth-watering flavor, and 19g of protein. The big taste of athlete-worthy nutrition has never been hotter than the big heat of Quest Hot & Spicy Protein Chips.



ProCal Pudding/Shake Mixes

Busy? On the go? Grab this quick and easy meal replacement shake. Just add water for a rich and creamy pudding or shake. A nutritious, great tasting and satisfying low-carb meal replacement shake available in three delicious flavors - Chocolate, Vanilla, Strawberry. Lactose Free and only 100 calories!

Blood Pressure Education Month

Being overweight or obese increases your risk of developing high blood pressure. In fact, your blood pressure rises as your body weight increases. Losing even 10 pounds can lower your blood pressure—and losing weight has the biggest effect on those who are overweight and already have hypertension. Overweight and obesity are also risk factors for heart disease. Being overweight or obese increases your chances of developing high blood cholesterol and diabetes—two more risk factors for heart disease. Waist circumference is the key measurement to determine if someone is overweight or obese. Body fat in the stomach area also increases disease risk. A waist measurement of more than 35 inches in women and more than 40 inches in men is considered high. The healthiest way to lose weight is by setting a goal of losing 10 percent of your current weight. This offers the best chance of long-term success. In the US, approximately 1 in 3 adults has high blood pressure, however most people are not aware they have this condition due to a lack of signs or symptoms. High Blood Pressure Education Month encourages people to look at various lifestyle factors which may be contributing to high blood pressure. It is well documented that high levels of sodium (salt) is linked to high blood pressure. In the US, the majority of people consume more than twice the level of recommended sodium intake. Guidelines recommend up to 2,300mg of sodium per day for an adult. Those at higher risk should consume even less (up to 1,500mg of sodium a day). Higher risk groups include those who have diabetes, kidney disease, existing high blood pressure and African American people. Lifestyle changes which can help reduce blood pressure, include maintaining a healthy body weight, regular exercise, quitting smoking and following a healthy low sodium diet.

MOTHER'S DAY SNEAL® SPECIAL!

Sunday, May 14th, 2023

This Mother's Day, skip the flowers and chocolates and give your mom something she really needs—the gift of good health. Spoil mom this Mother's Day with her favorite sneals® at a price you can't resist! Enjoy **15% OFF** online at carbessentials.net, **Sunday, May 14th** on your purchase of \$75 or more! Shop online with coupon code **MOTHER23** + enjoy free shipping (excluding liquids)!



WEIGH-IN ACCOUNTABILITY

Your accountability matters to us! Weigh-in for 4 consecutive weeks and get 10% off your CarbEssentials purchase at any location!



DATE: _____

WEEK: 1 2 3 4

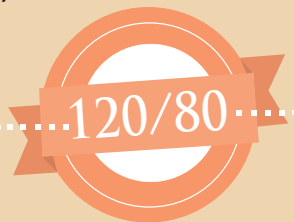


UNDERSTANDING BLOOD PRESSURE



YOU KNOW THE MAGIC NUMBER, BUT WHAT DOES IT MEAN?

The top number on a blood pressure reading is your **systolic** blood pressure. This is a measurement of the pressure your blood puts on the walls of your blood vessels when your heart contracts and pushes blood through your body.



The bottom number on a blood pressure reading is your **diastolic** blood pressure. This is a measurement of the pressure your blood puts on the walls of your blood vessels when your heart relaxes and refills with blood.

SO HOW DO YOU MEASURE UP?

It is important to know which range your blood pressure falls in to that you can take steps toward preventing HBP if necessary.

NORMAL
Systolic: less than 120mmHg
Diastolic: less than 80mmHg

AT RISK
Systolic: 120–139mmHg
Diastolic: less 80–89mmHg

HIGH
Systolic: over 140mmHg
Diastolic: over 90mmHg

With blood pressures in the “at risk” to “high” range diagnoses are made for prehypertension or hypertension

HYPERTENSION

31% of American adults have high blood pressure.

Only **52%** of those with high blood pressure have the condition under control.

Hypertension is the medical term for high blood pressure. It often has no signs or symptoms. Hypertension increases your risk for having your first heart attack, stroke, chronic heart failure, and kidney disease.

RISK FACTORS & CAUSES OF HIGH BLOOD PRESSURE

Hypertension can be prevented and often treated by leading a healthy lifestyle. You can keep things under control by knowing and avoiding the risks.

OBESITY
Eat healthier by eating low fat and lean proteins. Strive for a body mass index between 18 and 25.



GENDER & ETHNICITY
Occurs earlier in life and is more common and more severe among African Americans than among Whites and Mexican Americans.



LACK OF PHYSICAL ACTIVITY
Be active. Shoot for 40 minutes of physical activity, 3-4 times per week.



SODIUM
Stay under 2,300mg a day, which is associated with the greatest reduction in blood pressure.



CAFFEINE
Reduce your caffeine intake. Caffeine can block a hormone that helps keep your arteries widened.



SMOKING
Quit smoking. Nicotine in tobacco hardens the arteries and raises blood pressure.



ALCOHOL
Limit your alcohol intake. Drink no more than 1-2 drinks a day. (1 for most women, and 2 for most men).



STRESS & ANXIETY
Get 7-8 hours of sleep per night to reduce stress and keep blood pressure levels down.

AGE
About 65% of Americans aged 60 or older have high blood pressure. HBP affects nearly 20% of young adults, between ages 24 & 32.



CELEBRATE MOTHER'S DAY WITH A KID-COOKED BREAKFAST!



BLUEBERRY YOGURT PARFAIT

Lets Cook :

First pulse the graham crackers in a food processor until crumbly. In a glass cup, layer as follows; blueberry yogurt, graham cracker crumbs, plain yogurt, blueberry fruit spread, yogurt and graham crackers until filled to the rim. Top with fresh blueberries.

Ingredients:

- 1/2 cup fresh blueberries
- 3/4 cup non-fat blueberry Greek yogurt
- 2 cups non-fat plain Greek yogurt
- 6 tbsp Walden Farms blueberry fruit spread*
- 4 honey graham cracker sheets

Serves 4: Per Serving : Cal: 132 | Protein: 15g | Carbs: 15.5g | Fat: 0.5g

CHOCOLATE PEANUT BUTTER WAFFLES



Serves 1: Per Serving(1 waffle): Cal: 285 | Protein: 25g | Carbs: 27g | Fat: 9.5g | Fiber: 7g

Celebrate mom on her special day with a kid-cooked breakfast. With just a little help and supervision by an adult or older sibling, they'll enjoy surprising mom with a special breakfast on her special day. Check out these easy-to-make, kid-friendly Mother's Day breakfast ideas that won't break your weight loss goals!

RAINBOW PANCAKES



Ingredients:

- 2 cups FlapJacked Buttermilk Pancake & Baking Mix*
- 1 1/3 cups water
- 1 tsp vanilla extract
- food dye
- top with Walden Farms syrups or fruit spreads*

Lets Cook:

In a large bowl, whisk FlapJacked mix, water and vanilla until combined. Divide batter into 6 small mixing bowls. Stir a few drops of food dye into each bowl and continue adding drops until a vibrant color is achieved. Repeat until you have red, orange, yellow, green, blue and purple. Heat a nonstick frying pan or griddle over medium-low heat. Pour roughly 2 tablespoons of batter per pancake. Cook until the bubbles begin to pop. Flip and cook for an additional 45-60 seconds. Remove from pan and repeat until all the colors have been used. Stack the pancakes in the color order of a rainbow and enjoy!

Serves 4: Per Serving (3 pancakes): Cal: 68 | Protein: 7g | Carbs: 8g | Fat: 1g

Ingredients:

- 1 container FlapJacked Chocolate Peanut Butter Mighty Muffin*
- Walden Farms Whipped Peanut Butter*
- 1/3 cup + 1-2 tsp water (waffles)
- 2 tbsp water (peanut butter)

Lets Cook :

Preheat waffle iron. Remove sealed protective film from Mighty Muffin and pour into small mixing bowl. Add cold water to mix. It is best to use a measuring cup! Stir until well combined. Cook according to your waffle iron's instructions. When waffles are completed top with peanut butter and enjoy!

*Products that can be purchased at Carbsentials