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BITE  
GIRLS BITE OUT



The F-Factor Diet author Tanya Zuckerbrot is taking over HG for the day for some fiber fun. Woohoo!

*Here are Tanya's TOP ATE fave sources of fiber (there are some HG faves here, too!):*



**1. Berries: Raspberries, Blueberries, Strawberries and Blackberries**

*(1 cup, average: 65 calories, 0.5g fat, 1mg sodium, 15g carbs, 5g fiber, 8g sugars, 1g protein = 1 Point)*

Berries are a rich source of antioxidants and cancer-fighting compounds. All berries are a great source of fiber—a cup of raspberries has 8g of fiber and only 60 calories! The F-Factor Diet recommends tossing berries into your Fiber One cereal in the morning, blending them into a smoothie, or eating them as a dessert.

**2. Fiber One Bran Cereal**

*(1/2 cup: 60 calories, 1g fat, 105mg sodium, 25g carbs, 14g fiber, 0g sugars, 2g protein = 1/2 Point)*

A half-cup serving of this crunchy, delicious cereal provides you with 14g of fiber (more than half of the recommended daily allowance) but has only 60 calories! And all that fiber keeps you feeling full and energized all morning long.





### 3. GG Scandinavian Bran Crispbread

*(1 slice: 16 calories, 0g fat, 30mg sodium, 3g carbs, 3g fiber, 0g sugars, 1g protein = 0 Points)*

A staple of The F-Factor Diet. [These crackers](#) contain only 16 calories each, 3g carbs and 3g fiber (net carbs equal zero!). Top them with The Laughing Cow Light

Cheese and a slice of turkey, peanut butter and sugar-free jelly, or serve 'em heated with tomato sauce and fat-free mozzarella for a high-fiber pizza snack.

### 4. Gnu Foods Flavor & Fiber Bars

*(1 bar: 130 - 140 calories, 3g fat, 30 - 55mg sodium, 30 - 32g carbs, 12g fiber, 8 - 9g sugars, 3 - 4g protein = 2 Points)*

[These bars](#) are a welcome addition on Step 2 of The F-Factor Diet (when you get to add more carbs). Each bar has, on average, 130 calories and a whopping 12g of fiber. Best of all, these bars come in yummy flavors including Chocolate Brownie and Cinnamon Raisin!



### 5. California Pistachio Nuts

*(1 oz., raw & unsalted: 160 calories, 12.5g fat, 0mg sodium, 8g carbs, 3g fiber, 2g sugars, 6g protein = 4 Points)*

Pistachio nuts have the fewest calories and fat grams of all nuts, and a 1-ounce serving has 3g of fiber. Toss pistachios into your cereal or yogurt, top off salads with them, or eat them on their own. They are the perfect combination of fiber and protein recommended on The F-Factor Diet.

## 6. Nature's Own Double Fiber Wheat Bread

*(1 slice: 40 calories, 1g fat, 150mg sodium, 10g carbs, 5g fiber, 1g sugars, 4g protein = 1/2 Point)*

Each slice of [this tasty bread](#) has only 40 calories, 10g of carbs and 5g of fiber—that's twice the fiber found in a slice of most 100% whole wheat bread!



## 7. Beans: Garbanzo Beans, Black Beans, and White Beans

*(1/2 cup canned, average: 110 calories, <1g fat, 300mg sodium, 22g carbs, 6.5g fiber, <1g sugars, 7g protein = 1 Point)*

Canned beans make eating beans super easy and convenient. A 1/2 cup of beans contains anywhere from 80-130 calories and a whopping 6-8 grams of fiber! Toss them into salad or soup, puree them into dips, and even mix them into tuna fish and burgers to add fiber!

## 8. Fibersure

*(1 heaping tsp.: 25 calories, 0g fat, 0mg sodium, 6g carbs, 5g fiber, 0g sugars, 0g protein = 0 Points)*

If you still can't get enough fiber, try adding a heaping teaspoon of [Fibersure](#) to the foods you already eat. Each heaping teaspoon adds 5g of fiber. Fibersure mixes easily into foods and drinks without altering the taste or texture. Even in recipes you cook or bake, you can't taste or see it.



**\*\*EXCLUSIVE HG RECIPE FROM TANYA!**

**Fiber-licious Bean Dip**

*(\*1/4th recipe without garnish or cheese: Approx. 110 - 120 calories, 0.5g fat, 935mg sodium, 31g carbs, 13g fiber, 2.5g sugars, 6g protein = 1 - 2 Points)*

Although beans are naturally a good source of fiber, adding Fiber One cereal to this dip gives it an extra fiber boost. No one will ever guess that there is cereal in this creamy dip! This is delicious served with baked tortilla chips and cut-up veggies.

***Ingredients:***

1 15-oz. can of black beans

1 cup Fiber One cereal

1 cup salsa

2 garlic cloves; chopped

1/4 tsp. each salt, cumin, chili powder

1 tbsp. fresh cilantro

Garnish: fat-free sour cream, chopped scallions and tomato

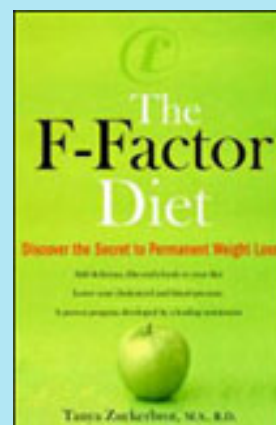
Optional: 1/2 cup fat-free shredded cheese

***Directions:***

Place all ingredients in a blender and blend until well mixed; if you prefer the bean dip cheesy, add shredded cheese to the mixture once it's blended. Place the mixture in a microwave-safe bowl and heat on high for 2 minutes, or until hot. Serves 4!

*\*Nutritionals for this recipe are based on averages. Exact numbers may vary.*

***For more fiber-ific weight loss fun, check out Tanya's book, [The F-Factor Diet](#).***



**CHEW ON THIS:**

March is National Noodle Month. Stock up on those [Tofu Shirataki noodles](#), people!

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