



Dei Fratelli In The News

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Spotted on Shelves...

StarKist Tuna Salad Sandwich-Ready Pouches - Don't have the energy to mix up your tuna salad? Good news, Lady StarKist has done it for you -- and it's great (i.e. delicious and not overly mayo-y). In Cloud Light and All-Dress, each just goes best (at 1100 calories, 2.5-3.5g fat, 4-6g carbs, 1g fiber, and 11-13g protein (POINTS® value 2-3)). They're pretty fun and exciting, thanks to some relish, water chestnuts, and other fancy ingredients. Why to go, Charlie -- you've still got it after all these years...

Quaker Oatmeal Bars - FUN NEW BAR FRIENDS! With truly filling and sweet crunchy oats on top, these are kinda like a crispier version of Nutri-Grain bars. They come in Apple Cinnamon and Strawberry. Each bar has 100 calories, 2g fat, 19g carbs, 2g fiber, and 2g protein (POINTS® value 2). Quaker delivers again. (That so surprises there?)

Lean Cuisine Wood Fire Style Bacon Alfredo Pizza - BACON, ALFREDO, PIZZA. Need we say more? (We know we don't need to, but we will anyhow.) It's a delicious personal pizza with spinach, tomatoes, bacon, reduced-fat mozzarella, and creamy Alfredo sauce. YUM! The 6-oz. pie has 300 calories, 9g fat, 42g carbs, 2g fiber, and 13g protein (POINTS® value 7). Used to get ReportBack with the details ASAP!

Macaroni Grill Cuts Calories, Cost, and Other Things Beginning with C

As part of its new **Italian Mediterranean menu** (currently available at select California locations), Romano's Macaroni Grill has cut MAJOR calories (25 to 65 percent) from thirteen menu items. The Grill also rolled out some brand-new options, including a 630-calorie Pullo Caprese and a 230-calorie Simple Lemon Pound Cake. As an added bonus, ten of the new or improved items are under \$10 each. WOWOWOW! Check out our picks for Most Improved Menu Items...

Scallions and Spinach Salad
- Was 1,270 calories (BOO!)
- Now 390 calories (YAY!)

Spaghetti Bolognese
- Was 1,120 calories (Yikes!)
- Now 370 calories (HOORAY!)

Shrima Portofino
- Was 1,170 calories (Lama!)
- Now 360 calories (YIPPEE!)

The only bummer is that the menu additions and calorie-reduced dishes are only available in thirty-two locations, all of them in California. Many of them, however, are scheduled to hit restaurants nationwide next month. [Click here for all the details.](#) And in the meantime, check out some light options already offered at most locations by [clicking here.](#) As for those other items being cut, that began with CT Crazy amounts of sodium and countless grams of saturated fat. (Thankfully corners and customer service were left off that list.)

AWESOME!!!

New Stars at The 'Bucks...

If you think there aren't many guilt-free chowing options at Starbucks, think again, humans. The coffee co. just **launched a slew of light and healthy new food items.** It's the **LARGEST** food launch in the company's history, in fact. The Bucks also simplified a bunch of its existing food recipes and added more real, wholesome ingredients. Here are a few standouts:

Dark Cherry Yogurt Parfait - With real cherries, vanilla granola, and fat-free cherry yogurt, this has 320 calories, 5g fat, 58g carbs, 2g fiber, and 11g protein (POINTS® value 6).

Marshmallow Dream Bag - This fun little treat has 190 calories, 4g fat, 41g carbs, 0g fiber, and 11 protein (POINTS® value 3). Not bad.

Farmer's Market Salad - This has blue cheese, almonds, dried cranberries, apples, carrots, and all-natural balsamic vinaigrette, all over romaine lettuce (not frozen!). It's got 300 calories, 20g fat, 24g carbs, 4g fiber, and 8g protein (POINTS® value 7) -- without the dressing, it comes to just 210 calories and 12g fat (POINTS® value 5).

Turkey & Swiss Sandwich - With wheat bread and light mayo, it clocks in at 300 calories, 12g fat, 28g carbs, 2g fiber, and 14g protein (POINTS® value 3).

Let's take a moment to enjoy the fact that the world is becoming a more HG-friendly place. We're toasting up...

The Buzz...

***Here's some [caffeine news](#) for you. Two recently published studies found that caffeine significantly reversed memory loss in mice bred to develop symptoms of Alzheimer's disease. Researchers are hopeful that the popular chemical compound -- considered relatively safe -- can someday be used to treat people with symptoms of the disease. Follow-up research showed that caffeine did not boost memory in "normal" mice. Interesting stuff, but we're still in shock over the fact that there are mice being bred to develop symptoms of Alzheimer's disease. ***We interrupt this week's Buzz for some very important HG reminders! Don't miss the extended leg of the official **"Hungry Girl 2009 Under 200 Tour"** -- this week only! There are two special book-signing events -- one will take place TOMORROW (Tuesday, 7/14) in Cherry Hill, NJ, and the other will be this Thursday (7/16) in Norwich, CT -- [click for details!](#) And tune in to QVC TOMORROW to see Lisa and some very special guests (recipes from 200 Under 200!). She'll be on QVC **This Morning** at 7am ET and on **ElleMag** **After** at 2pm ET. Call in to us at 1-800-451-1111! ***Crazy-delicious tomato sauce alert! If you happen to see **Dei Fratelli Pasta Sauce** on shelves at a store near you, BUY SOME. It's our new favorite sauce line, and we can't stop thinking about it. ***Did you know that more than half of Americans are actively trying to lose weight? Yup, it's true. Some other interesting findings from this year's **Food & Health Survey**: A whopping 47 percent of those surveyed overestimated the amount of calories they should be consuming daily, 94 percent said they consume at least one snack per day, and 79 percent reported they're concerned with their weight. All reasons why everyone in the US should subscribe to Hungry Girl. So [grab a copy](#), the amazing will tell everyone you know about HG. Okay, now we're done. Really. That's all we've got. HG out!

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