

**Helping you
become
food aware!**

**Low Carbs
& MORE**

www.lowcarbsandmore.ca

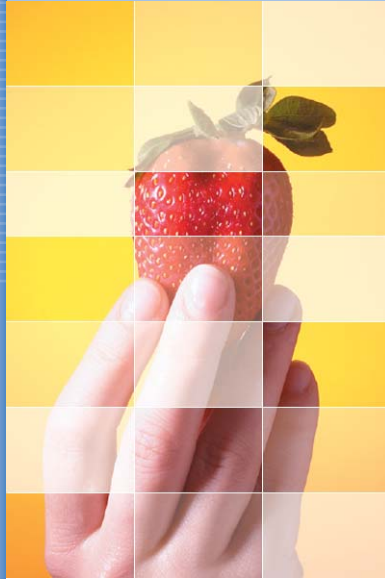
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FEBRUARY 2005

BRANDS

(partial listing only)

- Atkins
- Carb Fit
- Breyers
- Carb Slim
- Badger
- Carb Zero
- Carb Watchers
- Flax O Meal
- Walden Farms
- Big Train Cartopia
- Carborite Pro 42
- Russell Stover Protein Ice
- Davinci
- O Solo
- Body Choice
- Cartopia
- Genisoy
- Splenda
- Whey Gourmet
- Xylo Sweet
- Pro 42
- Protein Ice



3434A 50th Ave., Red Deer
(between Pizza Hut & Highview Photo)

Open
10 am til 6 pm
Monday to Friday
10 am to 5 pm
Saturday



Ask about our Customer Discount Card!

Red Deer now has a store catering to individuals trying to maintain healthy eating habits. At Low Carbs and More we are keenly interested in your personal successes regarding weight management and diabetes regulation.

You'll be impressed by our vast selection of sugar free, celiac, gluten free, diabetic and low carb foods! If you're looking for a specific product that we don't carry, ask us and we'll do our best to order it in for you. We want to make your personal nutrition, diabetes management and controlled carb weight loss an enjoyable and long lasting lifestyle. Remember, before starting any diet or exercise regime, you should consult your regular physician.

Our product list grows weekly. Currently we offer sugar-free cookies, jams, syrups, bars and sauces. We also carry low carb meals, dressings, chips, beverages, cakes, muffins, wraps, cheesecakes and more. A section of our store is dedicated to gluten free products for grain intolerance. Loose and bagged tea is a must for tea connoisseurs, plus we offer reverse osmosis water refills for an outstanding low price of \$1.89/18.9 litres.



**SAMPLE
PRODUCT LIST**

Products include:

- Gluten free
- Low Carbs products
- Beverages/books
- Breads/crackers/wraps
- Cereals/granola
- Cookies/muffins/cakes
- Condiments
- Desserts/dressings
- Jams/jellies
- Low carb products
- Meal replacements
- Nutritionals
- Pancake bread mix
- Pasta
- Protein drinks/bars
- Snacks
- Syrups/sugars
- Seasonings
- Teas supplies
- Toppings

**Great tastes
you'll be
experiencing**

At Low Carbs and More we talk to customers every day who tell us it's so refreshing to see more options on the market. Don't miss these great taste experiences. Like our Carole's cheesecake they can be love at first bite.

When it comes to healthy eating and lifestyle improvements, remember to trust your intuition and believe in yourself!



Celiac Disease

Celiac disease is a hereditary condition where a person has a delayed hypersensitivity to gluten. This product is found mainly in cereals, breads, pastas. This gluten sensitivity damages the lining of the small intestine and it becomes so swollen and red that it can't absorb nutrients from food. Celiac disease affects 1 in 3000 people. It's hard to diagnose and celiacs must be vigilant about not eating foods with gluten in them. For help go to www.celiac.com

FEBRUARY 2005

Sheila Tuesdays

Sheila is here Tuesdays to answer your questions about gluten-free and dairy free diets.

Sheila has great suggestions and informative printouts that will help make your life easier!

Recommended websites:

www.celiac.com

www.celiac.edmonton.ab.ca

Recipes at www.kraft.com

www.peakmarket.com

Bring Sheila your questions. Get answers for better meal planning.



Sage Roasted Pork Tenderloin and Beans

- 2-15 ounce cans great Northern or Navy beans (rinse and drain)
- 1 -14oz can artichoke hearts, rinse, drain and quarter
- 1 -14 _ ounce can diced tomatoes with roasted garlic, undrained
- 1 tsp finely grated lemon peel or double the amount of lemon juice
- 1 tsp dried sage, divided
- 2 -12 to 16oz pork tenderloins
- 2 large garlic cloves slivered
- 2 tsp olive oil

Preheat oven to 425. Combine beans, artichoke hearts, tomatoes, lemon peel and bit of sage. Place in 9 by 13 inch pan. Cut slits in the tenderloins and insert garlic slivers. Sprinkle pork lightly with remaining sage and salt and pepper to taste. Place on top of bean mixture, drizzle with oil. Roast until pork juices run clear. 35 to 40 minutes.

Spoon bean mixture onto rimmed serving platter, slice pork and arrange on beans.

Approx 27 carbs per serving.

Recipe from Traditional Kitchens Low Carb magazine. Available in-store.



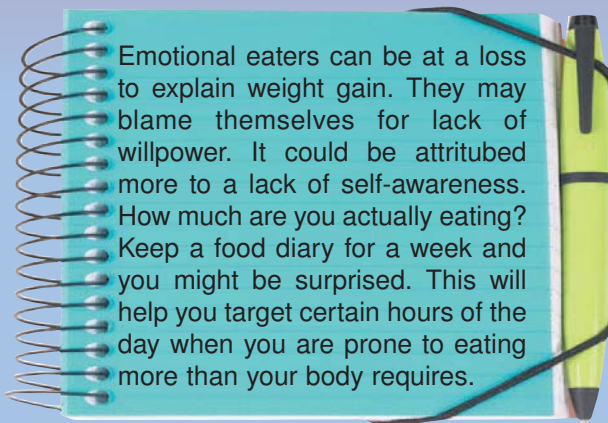
SHOPPING LIST

Walden Farms

Tastes great and compliments your salad nicely.



Ross chocolates
Survive the sweet tooth attacks.
Low carb chocolates taste heavenly.



Emotional eaters can be at a loss to explain weight gain. They may blame themselves for lack of willpower. It could be attributed more to a lack of self-awareness. How much are you actually eating? Keep a food diary for a week and you might be surprised. This will help you target certain hours of the day when you are prone to eating more than your body requires.

If you've started feeling like the four food groups are light chocolate, dark chocolate, milk chocolate and chocolate flavoured...it's time for a change. Try our Carole's cheesecake. Melt-in your mouth, much better for you than other cheesecake. We sell a variety of flavours including mixtures.

If you're craving everything Ala mode start snacking on something healthy instead. Most people trying to change their diet or curb their appetite still crave sweet or crunchy snacks. We have plenty of items in our store that fit this description.



Visit us on the Web...

at www.lowcarbsandmore.ca. See our product list and find out more about our store. Order on-line for later pickup or arrange delivery of your products. We are pleased to offer educational hints and valuable links to resources.

Across The Counter



Send us your tips for healthy eating.
Fax it to us at 403-347-1257.

Or email it to:
info@lowcarbsandmore.ca

Low Carbs and More is not responsible for any product claims made by their respective manufacturers.

Prices are subject to change without notice.