

## March 2004 Weightline News

[Cyberdieting: weight loss on the web gains fans](#) (*USA Today*)

[You could always eat just one slice](#) (*Toronto Star*)

[Desktop dining: Recipe for disaster](#) (*Great Falls Tribune*)

[High GI can be misleading](#) (*The Free Lance Star*)

[The case for carbs](#) (*Chicago Tribune*)

[Some energy bars same as candy](#) (*Cincinnati Post*)

[Fitter men carry less weight around the belly](#) (*Reuters*)

[Avoid portion distortion](#) (*Chicago Tribune*)

[Nation's government leaders setting fit examples](#) (*USA Today*)

[Americans eating more fat](#) (*CNN*)

[Low carb craze](#) (*Times Daily*)

[In an obese world, sweet nothings add up](#) (*New York Times*)

[Scaling back anxiety](#) (*Washington Post*)

[Eye on health: Low carb diet dangers](#) (*Klast TV*)

[Use ordinary objects to gauge proper serving sizes](#) (*Azcentral*)

[CDC: Obesity gains on tobacco as top death factor](#) (*CNN*)

[New pill helps with smoking and weight](#) (*ABC News*)

[The protein puzzle](#) (*Washington Post*)

[Ruby Tuesdays posts nutritional info](#) (*CNN Money*)

[Snack Attack](#) (*WBNG*)

[Walking boosts brain power, promotes weight loss](#) (*Billings Gazette*)

[Bad news: Housework can be healthy](#) (*Boston Globe*)

[25 to thrive](#) (*Times-Picayune*)

[How much should I eat](#) (*Marion Star*)

[Overweight consumers can find sweet revenge in artificial additives](#) (*Houston Chronicle*)

[Don't let food labels fool you](#) (*Charlotte Observer*)

[The count begins](#) (*Washington Post*)

[Healthier eating: food bill doesn't have to break the bank](#) (*Cadillac News*)

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[Breakfast is the most important meal](#) (*Star Courier*)

[Nutrition: Redefining your portion](#) (*NewsDay*)

[Nutrition: Snacks not bad, choices may be](#) (*TimesDispatch*)

[Low carb diets could threaten the health of fetuses](#) (*Seattle PI*)

[Sane weight loss in a carb-obsessed world: high fiber and low fat](#) (*New York Times*)

[A little night mischief](#) (*Washington Post*)

[Easy come, but not so easy go](#) (*Portland Tribune*)

[Healthy snacks improve blood sugar, hunger levels](#) (*Billings Gazzette*)

[Bigger portions, bigger appetite](#) (*MSNBC*)

[How to be a successful loser](#) (*Atlanta Journal Constitution*)

[Workplace gain counted in pounds](#) (*Baltimore Sun*)

[Bosses work harder to cut fat, build health of employees](#) (*Chicago Tribune*)

[Fit for fun](#) (*Washington Post*)

[Getting fit sets good example](#) (*Air Force Link*)