

August 2004 Weightline News

[Low carb lowdown](#) (*LA Times*)

[Help can lighten the load](#) (*USA Today*)

[Trucker, dietitian have food for thought on the road](#) (*Chicago Tribune*)

[Low carb diets hold many risks](#) (*Naples Daily News*)

[Use vacation time to get active, relieve stress, and improve mood](#) (*BillingsGazette*)

[There's no free lunch](#) (*USA Today*)

[The dieter under heavy fire](#) (*Washington Post*)

[Amazing but true](#) (*The Front Page*)

[Nutrition guidelines: more fruits, vegetables, workouts](#) (*CNN.com*)

[Dairy diet cuts pounds. Studies look at calcium](#) (*Philly.com*)

[After Atkins](#) (*Washington Post*)

[Dining with discretion](#) (*USA Today*)

[Gauging dietary wiggle room](#) (*Washington Post*)

[Nutrition news: Nutrition experts, diet gurus agree on whole grain benefits](#) (*Billings Gazette*)

[Slimmer for good reason](#) (*USA Today*)

[Great taste without the calories](#) (*USA Today*)

[All right, break it up](#) (*Washington Post*)

[4 in 10 adults say they eat for comfort](#) (*Guardian Unlimited*)

[Defining the success of low carb diets](#) (*MSNBC*)

[A regular soda a day boosts weight gain](#) (*Washington Post*)

[Battle of the bulge: not by bread alone](#) (*Las Vegas Review Journal*)

[2005 Dietary guidelines advisory committee report](#) (*USDA*)

[Dashboard dining a driving force](#) (*Chicago Tribune*)

[Cafeteria 101](#) (*ABC News*)

[Sweet nothings](#) (*Courier-Journal*)

[HealthPartners release top 10 state fair foods](#) (*HealthPartners*)

[3-a-day dairy weight loss plan to be launched](#) (*Progressive Grocer*)

[Should you take multivitamins? You decide](#) (*AJC.com*)

[Don't sneak, keep nibbles right](#) (*The Ledger*)

[Essential oils](#) (*Eating Well*)

[Doubts over good carbs diet claims](#) (*BBC News*)

[A little exercise goes a long way for heart health](#) (*LA Times*)

[Exercise: Key Ingredient](#) (*USA Today*)

[FDA to focus on cutting calories, serving size](#) (*Gwinnett Daily Post*)

[Extra portions in some single serve foods](#) (*MSNBC*)

[The big backslide](#) (*Washington Post*)

[Net carb math doesn't add up to good nutrition](#) (*Newsday*)

[Quantifying the cost of physical inactivity](#) (*Active Living Leadership*)

[Bowling Striking Families' Interest Again](#) (*The Arizona Republic*)

[With Pedometers And Persistence, People Are Taking Steps To Get Fit](#) (*San Diego Union-Tribune*)

[Shaping the City of Tomorrow: Saint Louis University Researchers Examine What Gets Us Moving](#) (*Saint Louis University Health Sciences Center*)

[Beltway Likes Pedometers To Help Tighten The Belt](#) (*Contra Costa Times*)

[School District Formulates Plan To Attack Obesity](#) (*Pensacola News Journal*)

[Taking The Plunge With Water Workouts](#) (*The Daily Herald*)

[When Seniors Get Physical, A Healthy Lifestyle Results](#) (*The Indianapolis Star*)

[Health Officials Ask Louisianans To "Lighten Up"](#) (*Shreveport Times*)

[Working Out When It's Too Darn Hot -Keep Smart In Your Approach To Summer Exercise](#) (*The Daily Camera*)

[The Governor Is A Happy Loser](#) (*The Washington Post*)

[Olympian Sinks Swim Stereotypes](#) (*The Washington Post*)

[Golden Gender: Women Stars Revel In Spotlight](#) (*Cleveland Plain Dealer*)

[CDC Tour Targets Obesity Among Latino Kids By Touting Exercise](#) (*Contra Costa Times*)

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