

How To Work Bread Back Into Your Low-Carb Diet

by *Toni Bloom, MS, RD*

(NAPSA)—It seems everyone's talking about how to reduce carbs in their diet.

Why? Because low-carbohydrate diets work. Cutting carbs, cuts calories. But, keeping weight off can be a long-term challenge.

As a registered dietitian and nutritionist, one of the most common things I hear from people on low-carb diets is, "I really miss bread."

I'm happy to tell them that it IS possible to work bread back into a low-carbohydrate diet—now more than ever. More popular, mainstream brands are creating good-tasting, low-carb products that fit well into a low-carb lifestyle.

One such product is Cole's Ultra Garlic Bread. With a net carbohydrate count of five grams per one-ounce slice, it is the latest in a growing line of brand name "comfort foods" now available with fewer carbohydrates.

To reduce its traditional garlic bread recipe's carbohydrates by 50 percent, the company substituted refined white flour with oat fiber and wheat gluten, a protein found in grains such as wheat, rye, oats and barley. Ultra Garlic Bread also has no added sugars and the spread is 100 percent butter.

The butter is a key ingredient. It is naturally carbohydrate-free and a small amount provides lots of flavor.

When helping my clients map out low-carb menu plans, I look for ways to make taste an integral part of every meal. Here are some ways to pair up this great low-carb product with nutrient-dense, high-protein entrées:

Grilled Chicken Salad—Never Plain. Always Simple.

Entrée—marinate breast of chicken in a balsamic marinade for one hour:



1 C balsamic vinegar
¼ C water
3 Tbsp paprika
2 Tbsp kosher salt
2 Tbsp lemon pepper
¼ tsp oregano

Grill marinated chicken. Thinly slice chicken and place on a bed of field greens. Top with fresh chopped scallions, tomatoes and/or carrots.

Side kick—Cole's Ultra Garlic Bread cooked according to package instructions (grilled or baked).

**A Thrill on the Grill:
Steak & Bruschetta**

Entrée—Salt and pepper (use garlic pepper for extra seasoning) a lean cut of steak. Grill the meat to your liking.

Side kick—mix 2 Tbsp olive oil with ¼C diced onions, 1C diced tomatoes and 2 tsp chopped, fresh thyme and/or basil. Spread the mixture on top of cooked (grilled or baked) Cole's Ultra Garlic Bread.

Cole's Ultra Garlic Bread is available in grocery stores throughout the Midwest, South and North-eastern United States. For more information, visit www.coles.com.

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