



**‘Tis the
Season
for Healthy
Holiday Giving!**

EatSmart Digital Nutrition Scale

\$ 69.95



Enter codes for
food to get
specific
nutrition info
for your portion

Whirley-Pop Stovetop Popcorn Maker

\$ 25-30

Stove-top
classic for
fluffy popcorn
with a minimal
amount of fat



Yonanas Deluxe

\$ 50-69

Turn frozen fruits
in sorbet to satisfy
your sweet tooth



Vacu Vin Instant Marinating Container

\$ 30 - 40



Marinate meats
at the last
minute if you
forget to start
the night before

Immersion Blender



\$ 30 - 70

Easy way to
thicken soups
by pureeing in
the pot

Knife Sharpener or Stone



\$ vary

Sharp knives are crucial for safe and less frustrating food prep



Herb & Spice Rack



\$\$ vary

Spices are key to making your food taste good, especially if reducing sugar, fat or sodium

Mandolin or Onion Slicer



\$ 10 - 200

Quick way to
prep produce



Portion Control Tools



\$ 8 - 14

Healthy Steps ©
line has a variety
of tools to keep
your portion
sizes in check



Portion Control Lunch Plate

\$20

Sorry no image
Is available to insert
online

Precise Portions ©
has a 3 section
microwaveable
plate with vented
lid to use leftovers
as lunch tomorrow