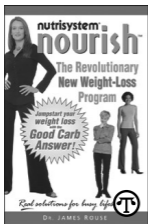


DO IT & DIET

When The Munchies Get The Best Of You

(NAPSA)—Opening a new chapter in weight loss programs is a book that can offer real solutions for busy people. The book, *NutriSystem® Nourish™* (Wiley, \$24.95) by Dr. James Rouse, helps dieters jump-start their weight



loss with a good carb answer. Dr. Rouse points out that though most dieters know choosing fruits and vegetables is best, sometimes their cravings can get the best of

them. Happily, there are still good choices to be made. Rouse suggests these snack-saving ideas for when the munchies attack. Their glycemic values are low so they'll do a little less damage to your blood sugar level. Remember, though, portion control is the key:

- A handful of peanuts instead of pretzels.
- A few peanut M&Ms instead of jelly beans.
- Mini Snickers instead of Life Savers.
- Low-fat chocolate milk instead of ice cream.
- Pumpernickel bread instead of a baguette.
- Raspberries with chocolate instead of plain chocolate.

Available wherever books are sold.

Dr. Rouse is the Director of Complementary and Preventative Medicine at the Phoenix Center for Health Excellence in Denver. He also serves as the wellness and lifestyle expert for KUSA-TV.