

DO IT & DIET

Sensible Snacks With A Taste Of Luxury

(NAPSA)—We all know the type—the woman who seems to have it all together, all the time. She spends her days running from one place to the next, all the while smiling and looking as fabulous as ever. But in the back of her mind is always that wayward commitment to meet her weight-management goals.

“Women are always committing to their weight-management goals, and seek sensible, great-tasting snacks to help them stay committed,” said Dr. Jennifer Garrett, director of nutrition marketing for Kellogg Company. “Special K Bliss bars are a snack women can feel free to truly enjoy as they pursue their weight-management goals.”

The product comes in two exciting flavor combinations: Chocolatey Dipped Raspberry and Chocolatey Dipped Orange. With the combination of sweet fruit-flavored pieces, crispy cereal and a chocolatey bottom layer, they offer women flavor combinations of chocolate and fruit that, at 90 calories, help them get on track toward weight-management goals.



Many women are finding that it's possible to enjoy a tasty snack and still remain committed to their weight-management goals.

Special K Bliss bars have, 2 grams of fat, 1 gram of saturated fat and 0 grams of trans fat per serving. Each bar contains 0 milligrams of cholesterol, 70 milligrams of sodium and 9 grams of sugar.