

# Timely Tips On Good Nutrition

## How To Eat Smart And Stay Fit

(NAPS)—It may be easier than you realize to make good nutrition and physical fitness part of your daily lifestyle. Health-conscious recipes, snack suggestions and wholesome eating facts are just some of the useful information in a free brochure called *Eat Smart, Stay Fit*.

For example, the booklet advises:

### Sharp Shopping:

- When shopping, take time to study food labels. They have become easier to read, making it simpler to select healthier products.

- Notice how many total calories come from fat. An item labeled *low fat* must contain no more than three grams of fat per serving.

- To find out if a product is nutritionally sound, check the daily values most prominently displayed. Look for the amount of fat, saturated fat, cholesterol, sodium, calories and fiber.

- Specific ingredients are listed in the order of their quantity. The first three usually make up most of the product.

- Often, the shorter the list of ingredients the healthier the product.

- Avoid foods containing artificial preservatives.

### Smart Snacking:

- Have fresh fruit, single serving packages of cereal, lowfat milk and containers of all-natural pudding on hand.

### Start Moving:

- Research suggests exercising two to three times a week for at least 20 minutes can provide significant health benefits over the course of your lifetime.

The colorful booklet also contains wholesome recipes like this one:

### BREAKFAST RICE PUDDING

$\frac{3}{4}$  cup Kozy Shack® rice pudding



**A free booklet features healthful recipes and easy-to-follow tips for good nutrition and exercise.**

$\frac{1}{4}$  cup granola (any type)\*

**Combine ingredients and heat in microwave for 30 to 45 seconds. Stir.**

**\* Additional granola can be sprinkled on the pudding before serving, or you can add your favorite fruit.**

*Makes one serving.*

“People are seeking good food choices that are quick, easy to prepare and serve,” says Joanne Caridi, vice president at Kozy Shack, the nation’s leader in all-natural refrigerated desserts. “Kozy Shack is committed to providing consumers with all-natural products containing good nutritional value. Many of our puddings are low in fat and all Kozy Shack ready-to-eat products are made with real milk, which is a good source of calcium.”

### Free Brochure

For a free copy of *Eat Smart, Stay Fit*, which includes a coupon, write to Kozy Shack, P.O. Box 226 Holbrook, New York, 11741-0226 or call 877-905-6962. To learn more about all-natural refrigerated desserts, visit <http://www.kozyshack.com>.