

Healthy Living

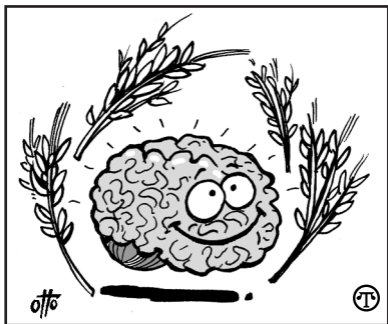


Know Grain, Know Gain

(NAPSA)—It's a no-grainer! Both high in protein and low in fat, oats were the first food ever to be allowed to make health claims by the FDA.

Oats are a great source of dietary fiber, which, when combined with exercise, can help lower cholesterol and decrease your risk of heart disease.

The fiber in oats also slows sugar absorption and has been linked to reductions in colon, breast and prostate cancers.



Grain food is brain food.

California Suncakes are rich in oats and provide an excellent blend of complete proteins and clean carbohydrates. Made from oats, brown rice syrup, brown rice flour, soy protein concentrate, soy flour, dried fruit and fruit juice, they are 97 percent fat free and supply 30 percent of your daily protein and fiber needs.

To learn more, visit www.suncakes.com, call (800) 830-0309 or write to California Suncakes, P.O. Box 8688, Emeryville, CA 94608.