

# Hey, Sweet Seekers...It's Time To Venture Beyond The Vending Machine

## *Got An Afternoon Craving? Here's A Tasty Idea*

(NAPSA)—Let's face it, we've all been there. It's 3 p.m.—time to embark on an expedition to locate one delicious, simple little indulgence for an afternoon pick-me-up.

Before venturing over to the vending machine or digging through desk drawers (your own or your neighbors') with hopes of finding a spare chocolate or mini-morsel, opt for something original from the dairy case. For example, one of today's top picks is a yummy yogurt treat available in favorite grown-up flavors, such as Creamy Latte.

Chocoholics may balk at first. However, rich chocolate yogurt mousse, as well as chocolate paired with complementing flavors—such as mint, cherry or raspberry—served in a yogurt cup, may provide sweet seekers with a better-for-you alternative to a candy bar, ice cream or other indulgent treat.

In addition, a light, fluffy pick, such as Yoplait Whips!, offers a good source of calcium and may contain less fat and calories compared to other indulgent choices. Take Yoplait Whips! Dulce de Leche yogurt mousse, for example. One cup contains 4 grams of fat—



**America's most wanted: a sweet afternoon treat.**

13 grams less than a serving of Häagen-Dazs® Dulce de Leche ice cream. In this case, caramel lovers enjoy the flavor they crave with one-quarter the fat and half the calories of the ice cream.

Look for other indulgent yogurty options—such as Chocolate and Chocolate Mint—in the dairy case.

Note: Remember to flip that pink Yoplait Whips! lid to find out how to help in the fight against breast cancer, as part of the Save Lids to Save Lives campaign. Each lid redeemed through December 31, 2006 aids the cause.