

# TIMELY TIPS

## The Lunch Crunch

(NAPSA)—If you are crunching the numbers when it comes to saving money and losing weight, pack a homemade lunch and meet both goals.

Packing a healthy lunch at home is easy and saves you from spending money on unhealthy and often expensive lunches out. Variation is key, so include fresh fruit and crunchy snacks.



**Here's an idea to munch on: Cholesterol-free pretzel crisps make a great addition to a healthy lunch.**

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For example, Pretzel Crisps are a great addition to any lunch as they have no trans fat and are cholesterol-free. At only 110 calories per 1-oz. serving, they're a great alternative to fattening crackers and chips.

The crisps come in a variety of flavors such as Buffalo Wing, Everything, Garlic, Honey Mustard & Onion and All-Natural Original. Pair them with your favorite sandwich and a cup of homemade soup. Add a side of fresh fruit for a healthy balanced lunch with crunch.