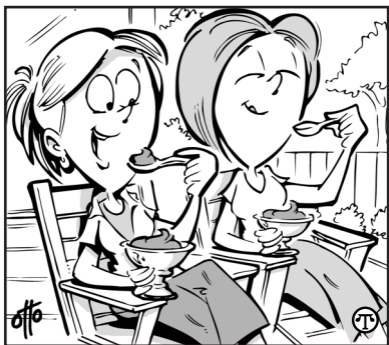


Your Just Desserts

Smart Snacking: Part Of A Healthy Diet

(NAPSA)—There's good news for those who love to snack—just make smart choices and steer clear of artificial preservatives, unhealthy fats and empty calories. Try reaching for a wholesome snack, like pudding, that's made fresh with real milk and a short list of simple ingredients.



Many are finding that it's getting easier to enjoy snacks that satisfy—without preservatives, unnecessary fats or empty calories.

Nourishing snacks like fresh fruit and crispy crudité's always have a place in a balanced diet, but when you're in the mood for a cold, creamy and wholesome snack, here are some delicious options:

- At less than 100 calories per serving, No Sugar Added Pudding is loaded with calcium and fiber—perfect for those watching their calories or sugar intake.
- Each serving of Kozy Shack simplywell pudding weighs in at 100 calories and provides 3 grams of prebiotic fiber, which helps promote digestive health.
- If chocolate is your snack choice, reach for chocolate pudding made with low-fat milk, sure to satisfy the most discerning palate—and a good source of calcium.