



Taming A Snack Attack

(NAPSA)—According to the Centers for Disease Control and Prevention, 16.9 percent of children and adolescents ages 2 to 19 years are obese, and the incidence is rising.

Some say constant, unhealthy snacking is the culprit. All that extra fat and calories are adding up to a snack monster that has become difficult to tame. Fortunately, there are healthy alternatives. One example is CowRageous!, a delicious, all-natural pudding snack with vitamins A and D from Kozy Shack.



One way to tame the snack monster is to offer a moo-velous pudding instead of calorie-laden snacks.

For on-the-go snacks before band or basketball practice, or to toss into school lunch boxes, CowRageous! pudding meets the high nutritional standards that moms demand, yet provides the creamy, delicious taste wanted by kids.

The pudding is available in three kid-approved flavors—chocolate, vanilla and strawberry—and is a good source of vitamin A, vitamin D, calcium and fiber, making it a quick and healthy snack option. CowRageous! pudding does not contain artificial colors, flavors or preservatives. It is low in fat and sodium and it's gluten-free.

Best of all, it's available in convenient six-packs weighing in at 100 calories per serving.