

## Sweet Revenge: It's A Food Fight With Father Time

(NAPSA)—This year, Americans will spend roughly \$110 billion on fast food. In today's fast-paced world, finding time seems impossible.

When it comes to health, you can achieve a better body on a limited time budget.

### **Mind Your 'Peas And Cues':**

A diet rich in fruits and vegetables, whole grains and portioned lean meats, fish and poultry is crucial to slimming down.

Purchasing pre-cut fruits and vegetables helps you shave preparation time and allows you to reach for a healthy midday snack instead of junk food.

But we're human, and our bodies give cues that they're craving sweets. Sugar, however, adds empty calories to your diet.

To cut calories, try using a sugar substitute such as Sweet'N Low®. It fares well in cooking and baking and satisfies your sweet tooth.

Even sweeter, recent scientific developments prompted the government to pass legislation that removes warning labels from all saccharin-sweetened products, including Sweet'N Low.

### **Get Physical:**

Engage in physical activity for 15 minutes 3 times per day. Computer-bound folks can stretch or take a short walk 2-3 times per day to burn additional calories.

With an estimated 97 million Americans considered overweight, slimming down is much more than vanity. It's about leading healthier and longer lives, minute by minute.

For more recipes send a self-addressed stamped (\$0.34) business-size envelope to *Sweet Spells*, Brooklyn Premium Corp., 60 Flushing Avenue, Brooklyn, NY 11205. You can also visit [www.sweetnlow.com](http://www.sweetnlow.com).



**Lunch Crunch: Eating on the run can be healthy.**

### **Smooth Strawberry Shake**

**1½ cups frozen unsweetened strawberries**  
**1 cup plain nonfat yogurt**  
**½ cup skim milk**  
**2 ice cubes**  
**1 teaspoon vanilla extract**  
**2 to 4 packets Sweet'N Low® granulated sugar substitute**

**In a blender at medium speed, blend all the ingredients until smooth and frothy. Pour into a glass. Makes 2 (1½-cup) servings.**

**Per Serving: Calories 140, Carbohydrate 25 g, Fiber 2 g, Protein 10 g, Fat <1 g, Cholesterol 5 mg, Sodium 125 mg.**

**Food Exchanges: 1 Skim Milk, 1 Fruit.**