

HEALTHY SNACKING

Have Your Chocolate And Stay Healthy Too

(NAPSA)—There's good news for those who think living a healthier lifestyle means having to give up the foods they love.

Research is showing that it is possible to eat healthy and still indulge in a few of your favorite snacks. Some of these favorite foods may even be good for you.

For example, a 2003 Cornell University study found that hot cocoa is rich in natural antioxidants, natural chemicals that are vital in helping your body combat the damaging by-products of oxygen, called free radicals. People who maintain diets rich in natural antioxidants have less risk of certain cancers and heart disease.

Experts say that, similar to red wine and green tea, hot cocoa is a good source of naturally occurring antioxidants, and is therefore beneficial to your health.

To make it even easier to enjoy these snacks, NESTLÉ Hot Cocoa now offers consumers three healthy ways to indulge.



Hot cocoa contains natural antioxidants, similar to black tea, green tea, fruits and red wine.

The three hot cocoa mixes are low in calories and include fat-free, as well as no-sugar-added hot cocoa. Each mix offers the delicious taste of chocolate combined with the antioxidant benefits of cocoa for maintaining a healthier lifestyle. The mixes are also 99 percent caffeine free and calcium fortified, providing 30 percent of the recommended daily value of calcium.

To learn more, visit the Web site at www.nestlehotcocoa.com.