

# HEALTHFUL EATING



## Hold The Sugar And Savor The Benefits

(NAPSA)—Today's consumers often feel that eating healthy and smart means sacrificing the flavors and taste of some of their favorite foods. But eating healthy can be as simple as looking into calorie-cutting options that offer great taste.

Over the past few years, food companies have been offering reduced-sugar versions of many American staples. The J.M. Smucker Company, for example, offers many sweet flavors of sugar free fruit spreads that are a perfect way to reduce calories—plus they contain five grams of carbohydrates per serving.

Sugar free products provide a simple and delicious solution for reducing sugar from meals and snacks while still satisfying the craving for something sweet. Incorporating such products into your daily food regimen is an easy way to express culinary creativity, enjoy the flavor of something sweet and help adhere to a more healthy diet.

Here are two recipes for flavorful treats with no sugar added:

### Pineapple-Apricot Cooler

- $\frac{1}{3}$  cup *Smucker's Sugar Free Apricot Preserves*
- 1 cup sugar free vanilla ice cream or frozen yogurt
- 1 cup chopped fresh pineapple
- $\frac{1}{2}$  cup skim milk
- $\frac{1}{8}$  teaspoon almond extract

#### Directions:

In a blender, combine all ingredients and blend until smooth. Makes 2 servings.

*Approximate nutritional information per serving: 183 calories, 3 g fat, 11 mg cholesterol, 82 mg sodium, 5 g protein, 39 g carbohydrates, 18 g sugars*



With a little improvisation, many favorite foods can be enjoyed without all the sugar.

### Boysenberry Frosty

- 1 cup sugar free vanilla ice cream or frozen yogurt
- 1 cup milk
- $\frac{1}{2}$  cup *Smucker's Sugar Free Boysenberry or Blackberry Preserves*
- 1 cup sugar free, diet lemon-lime soda
- Fresh mint leaves for garnish, if desired

#### Directions:

In a blender, combine all ingredients (except mint) and blend until smooth. Pour into two glasses and garnish with mint if desired. Makes 2 servings.

*Approximate nutritional information per serving: 183 calories, 3 g fat, 12 mg cholesterol, 132 mg sodium, 7 g protein, 40 g carbohydrates, 13 g sugars*

To receive a free "Smucker's Sweetly Satisfied Recipe Collection" brochure, send a postcard with your complete U.S. mailing address to: The J.M. Smucker Company, Attn: Sweetly Satisfied Recipe Collection, Consumer Relations Department, PO Box 197, Orrville, OH 44667. Brochures available while supplies last. Please allow 4-6 weeks for delivery. ®Registered trademark of The J.M. Smucker Company.