

DO IT & DIET

Living Well

(NAPSA)—No matter whether you're just starting a diet or have been steadily losing for weeks, watching your waistline is always a challenge. That's because of daily diet temptations that make it easy to fall off the wagon.

Now there's a delectable solution to the dessert dilemma: a new line of treats that will appeal to everyone from finicky kids to consumers with sugar-related health problems to the sophisticated palate of adults seeking a delicious yet calorie-friendly dessert. Weigh-



Low-fat, no-sugar-added puddings can be a smart way to have dessert without the guilt.

ing in at a mere 70 calories per serving are three additions to the Kozy Shack By Request® No Sugar Added pudding line: Apple Pie a la Mode, Cherries Jubilee and Black Forest.

The new offerings are low in fat, cholesterol and sodium and contain no preservatives. A good source of fiber, the puddings are made with real milk and contain zero grams of trans fat. They're also gluten-free and certified kosher dairy. So go ahead, have dessert. You and your waistline will benefit from a few good choices.