

## Women Can Enjoy Chocolatey Contentment Without The Guilt

(NAPSA)—Women face “moments of truth” all day long—times when the temptation for great-tasting snacks are especially strong. Giving in to these temptations can often cause feelings of guilt among women dedicated to weight-management goals.

A new cereal—Special K Chocolatey Delight—can satisfy women’s desires for evening snacks without the guilt.



Women looking for a way to lose weight without as much sacrifice can replace their evening snack with a bowl of the new cereal. Research shows by replacing a higher-calorie evening snack with a lower-calorie snack, women may lose weight. A serving of Special K Chocolatey Delight is 120 calories, and with a half cup of fat-free milk, it contains 160 calories, compared to 344 calories in average evening snacks eaten after 6 p.m., according to the National Health and Nutrition Examination Survey.

Women’s eating habits can swing dramatically throughout the day and evening, according to an August 2005 study by Insight Research Group for Kellogg Company. The new cereal joins an entire line of Special K products developed to help women stay on track with their weight-management goals and overcome those tempting “moments of truth” through the day with great-tasting snack and meal options.

Learn more by searching for “Special K” at [www.Yahoo.com](http://www.Yahoo.com).