

# Fabulous FOOD

## Doing The Body Good

(NAPSA)—For people who are watching their waistlines, it's important to get off to a good start. Here are a few helpful weight-loss tips:

- **Read ingredient labels.** Ingredients are listed in amount order, so if you are looking to cut sugar, make sure it is not high on the list.

- **Keep a food diary.** It will help you recognize trouble spots, like the times of day when



**Tantalizing flavors and classic pudding taste team with one-third fewer calories than Kozy Shack's traditional puddings to help make smart lifestyle choices easier.**

hunger pangs strike. Accounting for your food can also help prevent cheating.

- **Don't deprive yourself.** Instead, eat smaller portions or find "lighter" versions of favorite snacks with less fat, calories and sugar.

Dessert lovers can satisfy their sweet tooth with Kozy Shack's No Sugar Added line. Made with real milk, these ready-to-eat snacks have that slow-cooked taste, with one-third fewer calories and half the carbohydrates than Kozy Shack's traditional puddings. With flavors ranging from Chocolate and Tapioca to Cherries Jubilee and Apple Pie à la Mode, these portion-controlled pudding cups are great for people on the go. To learn more, visit [www.kozyshack.com](http://www.kozyshack.com).