

Smart Snacking

Olives: A Good-For-You, On-The-Go Snack

(NAPSA)—Among the tastiest and most versatile fruits on Earth, olives are enjoyed by many cultures around the world. They have been in existence for 8,000 years, and while olives are not indigenous to the Americas, they have been in the New World for a good long time.

Then

It was the Spanish who introduced olives to Peru and Argentina in the 1500s. As time passed, olive trees made their way up the Pacific Coast through Mexico when Spanish missionaries brought them to California in 1769.

However, it wasn't until the 1900s when commercial olive production began in the United States, thanks to a German immigrant woman named Freda Ehmann. She had a small grove and began experimenting with 280 gallons of olives on her back porch in Oakland, California, thus inventing the ripe olive style that Americans have come to know and love.

Now

Today, from Washington to Florida and in every state in between, olives are found on pizzas, pastas, salads, tacos and in casseroles, but many people prefer the pleasure of eating an olive in its simplest form.

Nutritious and Delicious

Olives are loaded with phytonutrients, rich with omega-3s, low in carbohydrates and only a few calories a pop, so you can enjoy them every day.

To make that easier than ever, Lindsay created Snack and Go!, snack-



A little cup of olives is a big treat.

size cups that can be easily packed in a lunchbox, taken to work for when those salty cravings kick in, or stashed in the car to satisfy hunger pangs that hit between school and soccer practice. They're liquid-free so there's no mess. Whether you like black ripe olives whole or sliced, Kalamatas or pimiento stuffed, Lindsay has you covered.

Fun Facts About Olives

- A Manzanilla tree can grow over 7,000 olives on average.
- An olive tree can live for more than 1,000 years.
- The folks at Lindsay pit 1,800 olives per minute.

Learn More

For further facts, tips and recipes, visit www.ilovelindsay.com.