

# DiETING Hints

## All's Well That Ends With Dessert

(NAPSA)—Satisfying one's sweet tooth is often seen as a battle between willpower and temptation. However, recent research from the International Journal of Obesity suggests satisfying food cravings may be an important component of weight control.

Study researchers say that the key to diet success can be to indulge occasionally with healthy treats that are low in calories. There are all sorts of delicious dessert options that won't derail your diet—low-fat yogurts, puddings, fruit with low-fat whipped cream or low-calorie, low-fat frozen snacks.

With all the options available today, you won't have to skimp on flavor. Ending your meal with a low-calorie frozen treat can be just the taste sensation you need to stay on track and make long-term changes to your eating habits. It can be delicious to dip into snacks such as Skinny Dippers, perfectly portioned, 80-calorie, chocolate-dipped ice cream pops that are available in rich vanilla, creamy caramel and refreshing mint flavors.

One pop contains no trans fats and 3 grams of fat, making it a great option for guilt-free indulgence as a daytime snack, after-dinner delight or midnight rendezvous with your freezer. And,



**Keeping your diet on track can be easier if you occasionally indulge in a healthy, low-calorie, low-fat snack.**

one serving of Dippers—two pops—amounts to just 160 calories and 6 grams of fat!

Skinny Dippers joins the extensive collection of The Skinny Cow® frozen snacks, which includes ice cream sandwiches, cones and bars. Unlike other “better for you” ice cream alternatives, these treats don't skimp on flavor, offering delicacies such as Mint Fudge Ice Cream Cone and Chocolate Peanut Butter Ice Cream Sandwich.

Fans of the skinny snack can register at [www.gettheskinny.com](http://www.gettheskinny.com), which offers a chance to “get the skinny” on life, liberty and the pursuit of happiness as it relates to ice cream. Visitors can download fun freebies such as iron-ons for T-shirts.