

DO IT & DIET

Easy Ways To Trim Your Waist

(NAPSA)—For many people, finding the balance between health and indulgence can be difficult. However, making even small changes to your daily routine can produce significant body benefits while still allowing you to treat yourself.

Most people say they would like to eat more healthfully but find their best efforts derailed by busy lifestyles that promote eating out and grabbing meals on the go—starting even with breakfast. With so much attention being paid to the obesity epidemic in America, the restaurant industry is adapting to growing consumer demand for healthy choices that are also convenient.

“Many national quick-service restaurant chains, particularly over the last couple of years, have made a number of changes to their menus in order to offer healthier choices to people interested in cutting calories or simply eating better,” explains Hope Warshaw, a dietitian and diabetes educator who is author of “Guide to Healthy Restaurant Eating,”



Quick-serve restaurants are now offering healthier options.

American Diabetes Association, 2005. “These healthier choices in restaurants make it easier for people to achieve their health

goals even when they are constantly on the run. Any changes that make restaurant eating easier are very welcome.”

Dunkin’ Donuts has begun offering “Latte Lite” as a new option for nutrition- and calorie-conscious consumers. Latte Lite has only 70 calories per 10-ounce cup and is sweetened with SPLENDA® No Calorie Sweetener instead of regular sugar. Do you like a little flavor in your coffee? For only an additional five calories, you can add a shot of sugar-free flavoring, like cinnamon, chocolate, caramel or French vanilla, for an extra bounce to help you through your day.

“Healthier options available from quick-service restaurants are helping to make it easier for Americans to take small steps each and every day to improve their eating habits and get to or stay at a healthier weight for long-term health,” concludes Warshaw.

For more information on Dunkin’ Donuts Latte Lite, please visit www.dunkindonuts.com.