



WOMEN'S HEALTH

Eating To Live Healthier And Feel Younger

(NAPSA)—If you're like most women, you want to be defined by how you feel, not the number of candles on your birthday cake. A healthy diet is essential to maintaining a healthy body. That's why nutrient-dense foods should be a part of every smart woman's age-defying arsenal.

A new, free booklet showcases healthy-eating strategies to give women the tools to live life to their youngest. The *Long Live You!* brochure helps women assess the impact of dietary habits on their well-being, and includes a calcium counter to help them keep track of their calcium intake.

An interactive version of the calcium counter is available at www.lightnlively.com, which also offers a range of health assessment tools and tips to help develop an age-defying eating plan.

The brochure and Web site were developed in consultation with physician and chef John La Puma, M.D., co-author of *The RealAge Diet: Make Yourself Younger With What You Eat* (Harper Collins, 2001).

Age-Defying Eating

"Certain nutrients are particularly important in maintaining a healthy body, but too often those are the same nutrients in which women are deficient," La Puma says. "Calcium intake, for instance, remains chronically low in this country—particularly among women—but this mineral is critical to maintaining bone health and is an all-star in an age-defying diet."

La Puma asserts that a healthy diet is an important factor in an overall age-defying regimen. He says the key is to select foods that are nutrient-dense—foods that are

Age is just a state of mind.
Live life to your youngest.

Excellent source of calcium

Light n' Lively Cottage Cheese

Long live you.

Excellent source of protein

packed with nutrients but don't contain a lot of fat or calories.

"One great example is Light n' Lively Cottage Cheese," La Puma claims. "It's low in fat and offers essential nutrients such as protein, calcium, riboflavin, and phosphorus in return. Each 80-calorie serving supplies 12 grams of high-quality protein and 200 milligrams of calcium in half a cup to maintain bone strength—that's more calcium than any other leading brand of cottage cheese."

Consumers can order the *Long Live You!* brochure with calcium counter by calling 1-866-548-3968 or you can access an interactive version of the brochure by logging on to www.lightnlively.com.