

HEART HEALTHY FOODS

A Terrific Source Of On-The-Go Energy

(NAPSA)—For many on-the-go women, hearty, heart-healthy meals tend to be few and far between. That's because convenience and thoughtful nutrition seldom go together in the world of fast or easy-to-prepare foods.

However, there are now grab-and-go options that not only taste great, but also address many of the top health concerns that women have, including heart disease, diabetes and osteoporosis.

Some vegan energy bars are rich in soy and calcium and low in sugar. Made with vegan natural ingredients, including oats, dried fruit, brown rice, fruit juice, rice bran and soy protein, this type of bar is digested slowly by the body, thus providing sustained nutrition. However, because people digest foods at different rates, it's important to monitor your sensitivity.

Two vegan bars, California Suncakes and Heart-Thrive, arrive in apricot, cranberry and apple date varieties for a quick fix that's both nutritious and delicious. Each package provides 30 percent of the recommended daily values of both protein and fiber. The Heart-Thrive is also calcium fortified with 30 percent of your daily need for healthy bones. At four ounces, these wheat-free, dairy-free bars are twice the size of the typical energy bar.

Several major clinics specializing in diabetes, coronary care, and womens' health have included the Heart-Thrive bar as part of their curriculum and offer it as a standard in smart nutrition.



A new kind of energy bar makes heart-healthy eating easier for people on the go.

Surprisingly, the company that makes these heart-healthy bars wasn't always in the health food business. Adele Gronner founded a cookie company in the early 1980s at the age of 22. In the beginning, it was all about sweets. But about 10 years ago, Adele turned her back on processed flour and adopted a more positive, natural and, yes, healthy perspective, with the introduction of her Suncake line.

"Things took off fast," adds Gronner. "Suncakes went retail from coast to coast. Kids of all ages enjoyed their fruit-and-grain taste, making nutritious breakfasts and lunches a snap."

To learn more, call (800) 830-0309 or visit the Web site at www.suncakes.com.