

## Snack Healthy At Work

(NAPSA)—Successfully managing your weight requires some work—especially at work.

Most working people spend more than one-third of their day at work, so those watching their weight usually have to find alternatives for the less-than-nutritious snacks surrounding them in the workplace.

A 2006 national survey of 330 professional women found that working women are especially vulnerable to the “call of the snack.” Seven out of 10 reported that they snack between meals and six out of 10 feel the snacks they’re eating aren’t healthy.

To help improve the workplace snacking environment, Dannon has teamed up with major corporations to create the ***Snack Healthy, Work Smart™*** challenge. The program features an audit of the “state of snacking” at partner companies by a registered dietitian and brown bag lunch discussions with a dietitian about nutrition and healthy living. Additionally, each company will receive a three-month complimentary supply of new Dannon™ Light & Fit™ Crave Control™, a reduced-sugar nonfat yogurt, which employees can enjoy as part of a smart approach to snacking and a healthy lifestyle.

“To help my clients with weight management, I encourage foods that are reduced in calories and also rich in nutrients,” said Mitzi Dulan, a registered dietitian and spokesperson for the brand. “A combination of protein and fiber can help satisfy hunger; this is the idea behind Dannon Light & Fit Crave Control.”



**Snack choices at work can sabotage a healthy diet. A satisfying snack rich in protein and fiber can help reduce hunger sensations.**

Studies have shown that consuming foods rich in protein and fiber can help reduce hunger sensations. This new reduced-sugar nonfat yogurt has more protein and fiber than regular low-fat yogurt.

In the survey of professional women conducted by Dannon, 39 percent said they were too busy to prepare or find a healthy snack to bring to work, and more than four in 10 said workplace hunger can lead them to feel drowsy or tired. Thirty-eight percent tend to snack on the closest thing available, with more than seven out of 10 turning to crackers, chocolate, candy, chips, cookies, ice cream or snack cakes during the workday.

Light & Fit Crave Control comes in three flavors—Strawberry & Cereal, Vanilla & Cereal and Peach & Cereal—and has no added sugar.

For more information, visit [www.LNFcravecontrol.com](http://www.LNFcravecontrol.com).