

Food Trends

Soup Up Your Lunch

(NAPSA)—If you take a half hour or less for lunch, you may be a part of a growing trend of Americans searching for quick, convenient and healthful foods. In a recent poll, 55 percent of workers said they take a half hour or less for lunch. Interestingly, women are much more likely to take shorter lunches than are men (61 percent vs. 48 percent). Regionally, workers in the Northeast are more likely than workers in the rest of the country to take shorter lunches (67 percent vs. 52 percent).

The shrinking lunch hour has created a mealtime dilemma—how do busy people find something that's quick, tastes great, and is good for them? Nutritionists nationwide agree that ready-to-serve meals can be healthful. Many foods on the market today are convenient and contain important nutrients, have quality ingredients, and are low in calories. In fact, there are many new items available. Healthy Choice, for example, has introduced soup in microwaveable bowls that serve as a great desk drawer and pantry staple for people on the go.

The microwaveable soup bowls are available in three flavorful varieties: Old Fashioned Chicken Noodle, Country Vegetable and Chicken with Rice. Nutritionists point out



On The Go?—Microwaveable bowls of soup are low in calories, inherently healthful and ready in less than two minutes.

that every spoonful contains such quality ingredients as tender chunks of white-meat chicken, a medley of garden vegetables, and herbs and spices. Each serving is a good source of fiber, contains 110 calories or less, and is low in fat.

Healthy Choice embraces the philosophy of offering foods made from real ingredients and prepared so as to maintain high-quality flavor and nutrition. To learn more, visit www.healthychoice.com.