

FRUIT SCOOPS

Superfruits, Superdiet

(NAPSA)—The next time you decide to eat healthier and lose weight, follow these simple guidelines:

To improve your odds of success, set small, realistic goals, get support when needed and reward yourself.

See your doctor and start a sensible exercise program based on your abilities. Plan a diet rich in fruits, vegetables, whole grains and proteins. Choose foods that



Some fruits, such as goji berry, acai, noni and pomegranate, are exceptionally rich in nutrients and antioxidants.

pack as much nutritional punch as possible. Some fruits, such as goji berry, acai, noni and pomegranate, are called “superfruits” for their exceptional nutrient richness and antioxidant qualities.

Eating healthy on the go is easier with nutrition bars. For example, one company, thinkproducts, combines superfruits with protein-rich nuts to create a new nutrition bar called thinkFruit. Each bar is a good source of fiber and omega-3 fatty acids, has no added sugar and is gluten and soy free. It also has less fat than other fruit and nut bars.

For more information, visit www.thinkproducts.com.