

☕ COFFEE ☕ FACTS & FIGURES

The Cream In Your Coffee

(NAPSA)—Many people may be in for a big surprise the next time they drink a cup of coffee. That's because the vast majority of those who use a nondairy creamer in their brew—don't know it.

A LALA-USA survey found that 69 percent of coffee drinkers who use a leading brand of liquid coffee lightening believe it's a dairy product that contains milk or cream from cows.

In fact, they're putting a laboratory creation made mostly of water, sugar and partially hydrogenated vegetable oils into their coffee.



What's in your coffee? You may be surprised.

Fortunately, for people who would like to use a real dairy coffee creamer, the first 100 percent real dairy, naturally flavored creamer is now available.

Unlike nondairy creamers, it contains no trans fats. "Most artificial liquid nondairy creamers made with partially hydrogenated soybean or cottonseed oils contain trans fat," said dietitian Martha McHenry, RD, LD, CDE.

Lactose-free as well, La Crème comes in four all-natural flavors—Original, French Vanilla, Hazelnut and Cinnamon Vanilla.

For more information, visit www.LALAFoods.com, www.MyLaCreme.com and www.GetRealGetLaCreme.com.