

# SMART SNACKING

## Wholesome, Portable Fun

(NAPSA)—If you're like most Americans, you'll enjoy a snack today. According to a recent Nielsen survey, nine out of 10 Americans snack daily—and a quarter of them snack three to five times a day.

That can be a good thing. As Temple University points out, "Snacks provide an important energy source throughout the day." The Center for Science in the Public Interest adds that snacks are especially crucial for children for increased energy and their ability to focus.



**Whether as a sweet or savory way to end a meal or a quick pick-me-up at any time, sandwich cracker snacks can be a great way to grab a little wholesome goodness.**

That said, those snacks should consist of "real" food such as cheese, nuts and whole grains. Fortunately, you can fuel yourself and your family on the go with a number of sweet and savory cracker sandwiches that are portable, wholesome and made by a company that's been creating such snacks for over 100 years.

In fact, Lance® recently improved its line of Whole Grain Cracker Sandwiches to include 11 grams of whole grains in each package, in such varieties as Real Peanut Butter, Real Cheddar Cheese and Real Sharp Cheddar Cheese.

If you're looking for a more extreme burst of flavor, there are Bolds. These baked crackers come in Buffalo Wing Blue Cheese, Pizza, and Bacon Cheddar. Each has up to 3 grams of protein per serving to fuel fun and adventure.

When hunger strikes, you may care to consider Xtra Fulls. These have an extra helping of freshly ground peanut butter and up to 6 grams of fueling protein.

Alternatively, you can go classic with the company's iconic Toasty™, Toastchee® or Captain's Wafers® sandwiches. With a wide range of flavor combinations, there is a cracker sandwich for everyone.

All these snacks have no high-fructose corn syrup, no preservatives and 0 grams of trans fat.

### Learn More

Further facts are at [www.lance.com](http://www.lance.com), [www.Facebook.com/LanceSnacks](https://www.facebook.com/LanceSnacks) and @LanceSnacks on Twitter.