

Nutrition News & Notes

Your Snacks: Are They Working To Make You Look And Feel Fabulous And Sexy?

(NAPSA)—If you feel like you're constantly having a snack attack, you're not alone. Sixty percent of working women say they reach for snacks in between meals. And most of the snacks they grab are unhealthy.

The bad news: this is the fastest way to pack on a few extra pounds. The good news: if you make smart and sexy choices, you can look fabulous all year long. The secret is selecting snacks that work harder for you and keeping them handy to munch on when the mood strikes.

The Smart Guide to Sexy Snacking

Figure out what snacks will keep you looking swimsuit-ready—and what you should be careful of:

- Yogurt may seem healthy, but choose wisely since many brands are made of fake fruit, weird dyes and tons of sodium. Pick either Greek or organic yogurts to snack healthy.

- Choose snacks that work in overtime, like Mott's Plus Sauce, which only has 50 calories per four-ounce tub and is fortified with nutrients especially for women.

- Spinach is not just Popeye's secret weapon anymore. It is low in calories and contains loads of nutrients. Try to eat about a pound of spinach a day and substitute this leafy green for iceberg lettuce in your salads. You can also microwave frozen spinach with some salt, butter substitute and Parmesan cheese for only 30 calories per cup.

- Enjoy plenty of frozen yogurt. You can satisfy your sweet tooth for very few calories.

- Nuts, like peanuts and almonds, are good sources of protein and good fats—but be aware that moderation is key.



Snacking The Sexy Way—Snacking can keep you looking hot! Choose snacks fortified with the nutrients you need to stay looking and feeling your best.

The Nutrients You Need

Choose foods that contain the nutrients your body needs. Fruit is the pinnacle of sexy snacking—it has the highest number of nutrients per calorie of any other food on the planet. And Mott's Plus Apple Sauce is equivalent to one whole serving of fruit—with the added benefits of fiber, antioxidants and calcium. They come in three great flavors, each fortified with a woman's needs in mind:

- CranRaspberry with fiber that helps keep you feeling satisfied

- Harvest Apple with calcium for strong bones

- Pomegranate with antioxidants that help protect cells and keep women looking and feeling their best

Sexy Snacking Tips from the Experts

The authors of the book "How

to Eat Like a Hot Chick," Jodi Lipper and Cerina Vincent, have some additional tips:

- Every time you snack, drink at least an eight-ounce glass of water. Not only does it help you feel satisfied, but it also works to cleanse your body.

- To keep from getting overhungry, snack all day. Keep healthy snack options handy by storing them in your purse, car, desk at work and even in your gym locker. Mott's Plus Sauce is great for any woman on the go since it doesn't need refrigeration.

- Work out! Hot Chicks work out without questioning or making up excuses.

- Don't reward yourself with bad snacks. If you burn 500 calories at the gym, don't reach for a candy bar—grab a healthy snack instead.