

health hints

Healthful Weight Loss

(NAPSA)—Finding a diet that you can stick with can be challenging. Sometimes it's a matter of personal preference, but in other cases, it's a question of tolerance. For example, some people are unable to digest certain food ingredients—such as lactose or gluten—which limits what they can eat as part of a diet plan.

To help make it easier for people who not only have difficulty digesting milk and milk products but also want to lose weight, Slim-



A new meal replacement shake has been developed for people with food sensitivities.

Fast has announced the introduction of a line of Easy to Digest weight-loss shakes that are lactose and gluten free and have enhanced nutritional benefits. The new shakes contain higher percentages of vitamins B6, B12 and D—nutrients that are important for people over 50—and are an excellent source of vitamins C and E. One shake also provides 50 percent of the Recommended Daily Value for calcium, an essential nutrient that is often deficient in the diets of people who are lactose intolerant.

The Easy to Digest shakes provide a precise balance of lean proteins, complex carbohydrates and fat blends that follows the nutritional recommendations from leading health authorities. To learn more, visit www.slim-fast.com or call (800) SLIM-FAST.