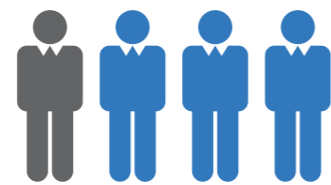


Need for healthy eating

Snacking used to be synonymous with unhealthy. “Don’t spoil your dinner,” was once a common phrase among moms and grandmas. Today’s consumer believes eating smaller meals or snacks throughout the day can be just as healthy as eating three bigger meals. In fact, 3 in 4 say snacking can be part of a healthy diet.



3 in **4**

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