

KatRite whole grain brown rice crackers are proof that less is more - keeping it simple with five ingredients or less for a wholesome snack choice. Packed full of goodness, the two flavours include Tartan Sesame and deliciously spicy Black Pepper & Sesame. Made with whole grain brown rice and natural ingredients, these mouth-tingling gluten-free crackers are free from cholesterol, MSG and preservatives. KatRite rice crackers are available in the health food aisle at Woolworths, Coles, IGA, selected Foodworks and in all food stores for \$3.50 each.



Table of Plenty's range of delights are perfect as an appetizer with bread and olive oil or with vegetables or chicken. Available in pistachio, mandarin and lemon and herb flavours. Go to tableofplenty.com.au

**GOAT AND STRENGTHEN YOUR
BONES WITH THE MOST DELICIOUS
FOOD EVER AT ANY PRICE. WITH
HIGH QUALITY INGREDIENTS, GREAT
TASTE AND A WIDE RANGE OF SIZE
OPTIONS FROM HANDS TO CHOCOLATE.**

THE LITTLE
BOOK OF
GOOD
HEALTH
FACTS, TIPS
& HABITS

A LITTLE BOOK, A LOT OF SENSE

"Slow down when you eat. Listen to your body and give your brain time to signal that you are full. Take small bites of your food. Thoroughly chew your food and pay attention to the taste of each bite. If you are eating with family or friends, participate fully in the conversation rather than eating quickly. Do all your eating at a table and not in front of a television."

Excerpted from *The Little Book of Good Health*, by Anna Baker, \$19.95, available at book stores and candypublishing.com.au

The new Swiss Low Carb Protein Bar has less than 100 calories, a mere 7.2g of carbohydrates, is 100% naturally sweetened and contains zero artificial sweeteners. With a light and bubbly texture, the Swiss Low Carb Protein Bar comes in six different flavours - mint, coconut, caramel, honeycomb, cherry and orange.

For stockists call 1800 SWISSE



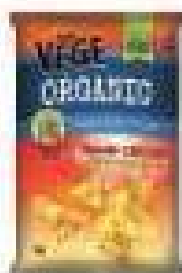
A spoonful of vinegar

Drinking vinegar with meals can benefit those at risk of Type-2 diabetes by reducing fasting glucose levels. Karlie's Apple Cider Vinegar is a mixture of bacteria, enzymes and minerals. Available in Karlie's Concord Grape Aged, Apple Cider Vinegar and Honey, Ginger Spice, and Lemonade. For stockists go to karlie.com.au



Snack Attack

Almost everyone experiences food cravings. In fact, most diets fail because people are unable to control cravings. Snack Attack protein bars are all natural ingredients, scientifically grown to reduce hunger cravings and promote healthy weight loss. Sugar free with no artificial colours or flavours. In store now and at tryamakattack.com



The healthy snack

Gluten Free, naturally delicious and healthy. That's Veggie Organics Popcorn Corn & Blue Berry for children. Not baked or fried, they're cooked with a combination of heat and pressure, with a generous serving of tasty-free, flavourful seasoning. Gluten free, nut free, egg free, and MSG free. Stock in the health food aisle at vegieorg.com



Less than 100 cal

With less than 100 calories and 8.5g of protein, per serving Slim Secret Fit & Fat Mini Protein Bars are wheat free, low carb, contain less than 1g of sugar, and come in two deliciously tempting flavours - Cream Caramel and Chewy Peanut Butter. Sold in health food stores, gyms and pharmacies or at slimsecret.com.au