



# First For Women Features WholeSoy

## THINKIN' VANILLA?

After a morning spent making countless tough decisions, we want a healthy snack that's nice and simple. Our choice? Vanilla yogurt, a creamy classic that always hits the spot. But when we discovered our pick was packed with four different fillers and additives, our dream of having at least *one* no-brainer decision unraveled. Then we found Whole Soy & Co. Vanilla Yogurt (\$1 for 6 oz., at Whole Foods Market and other health-food stores). Thanks to the soy, we get bonus health benefits like lower cholesterol and fewer menopausal problems. And with only one (organic) filler, it's pure-and-simple delicious!

Soy

SKIP IT!



Turtle Mountain So Delicious Dairy Free Yogurt

PICK IT!



Whole Soy & Co. Vanilla Yogurt

September 6, 2010

**DELICIOUS WAYS TO BOOST YOUR THYROID**  
24 pages of fast, easy meals & treats that SPEED METABOLISM

**YOUR BEST FALL CUT & COLOR**  
Celebrity looks | Genius makeovers  
What's right for your face shape, coloring

**Turn STRESS into energy**  
21 ways to transform tension into a positive can-do feeling

**Mariska's \$4 secret to thicker hair and 50+ lb weight loss**  
Hint: She mixes it into her salad dressing

Smile—you're beautiful!  
The Post-its that change everything!

**Break the yeast ↔ fat cycle**  
Drop 5 inches off your waist in 10 days!

snack spy

nutrition

## Just yogurt: Pure & creamy

**We're sticking to the real thing—no fillers, cheats or chalky taste!**

No doubt about it—the back-to-school season has us hoping. As we struggle to fit in all our to-do's, we turn to one of our favorite grab-and-go snacks to fuel us through: yogurt. We love that the creamy stuff is a healthy choice, packed with slimming calcium and active probiotics that fortify our immune system. But we weren't too thrilled when we found out some brands shortchange us by pumping their products full of fillers that make the yogurt less creamy and more chalky—*yuck!* So we set out to find higher quality yogurts that let us reap the health benefits (including shedding those last few pounds). Mission accomplished! Now on to the next to-do.

