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Independent online (SA) London - Whether it's salad, cabbage soup or low carbohydrates, women have tried every slimming trick in the book. In fact, the average 45-year-old has been on 61 diets, a survey has found. Few of them would appear to have had the desired effect, however, as from the age of 16 that equates to around two a year. In a poll of 2,000... [DRAG] [X] read more \*\*\*

**Research and Markets: UK Snack Foods Market Report Plus 2012 - Walkers Continue to Dominate the Market** 2012-03-21  
Business Wire DUBLIN--(BUSINESS WIRE)--Research and Markets (http://www.researchandmarkets.com/research/dde59d90/snack\_foods\_market) has announced the addition of the "Snack Foods Market Report Plus 2012" report to their offering. The Key Note Market Report Plus analyses the savoury snack foods industry in the UK. Products that fall within this category are potato crisps, other savoury... [DRAG] [X] read more \*\*\*

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The Siasat Daily March 22: If you're eating healthy, exercising right, and still not losing weight, then we've got great advice for you: Snack smartly. Whether you eat three main meals or six minimeals through the day, the trick lies in never going hungry and never overeating either. By starving yourself, you'll just eat more at the next meal while teaching your body to store fat. Snack... [DRAG] [X] read more \*\*\*

**Dietary Supplement Consumers Tend to Make Healthier Lifestyle Choices** 2012-03-22  
PR Newswire , March 22, 2012 /PRNewswire-USNewswire/ -- When it comes to healthy habits, dietary supplement users appear to make healthier lifestyle choices overall than non-users, according to a recent study by the Council for Responsible Nutrition (CRN), the leading trade association for the dietary supplement industry. This is supported by previous studies[1]-4 that suggest... [DRAG] [X] read more \*\*\*

**Woolworths gets Commerce Commission warning over beer ads** 2012-03-22  
Scoop Friday, 23 March 2012, 11:54 am Article: BusinessDesk Woolworths gets warning from NZ regulator over misleading beer sales By Hannah Lynch March 23 (BusinessDesk) - Woolworths' Progressive Enterprises unit, which has about 40 percent of New Zealand's supermarket sales, got a warning from the Commerce Commission over misleading advertising of... [DRAG] [X] read more \*\*\*

**Corner Stores Stock Healthier Foods After Aid Program Changes** 2012-03-20  
Yahoo Daily News (HealthDay News) - Small stores in two low-income areas of North Philadelphia began stocking healthier foods after changes to a popular U.S. government food-aid program, a new study finds. The Special Supplemental Nutrition Program for Women, Infants and Children (WIC program) is tailored to meet the nutritional needs of lower-income pregnant women and... [DRAG] [X] read more \*\*\*

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