

RISE: WHEN HUNGER STRIKES, WHAT DO YOU REACH FOR? I'M RISE JILL MILLER.

RESEARCH SHOWS TWO-THIRDS OF WOMEN AGREE THAT WHEN IT COMES TO SNACKING, IT'S HARD TO FIND SOMETHING WHOLESOME AND SATISFYING. EVEN MORE REVEALING IS THAT NEARLY SEVENTY PERCENT OF WOMEN SAY THEY ARE MORE LIKELY TO CHOOSE SOMETHING THAT TASTES GOOD OVER SOMETHING THAT IS GOOD FOR THEM.

DEVIN ALEXANDER, CHEF AND HOST OF FIT-TV'S "HEALTHY DECADENCE":

DEVIN: WE HEAR SO MUCH ABOUT EATING RIGHT BUT IT CAN BE HARD TO FIND A TRULY SATISFYING SNACK WE CAN FEEL GOOD ABOUT EATING. I'VE FOUND A GREAT NEW WAY TO HELP EASE THIS SNACK TIME STRUGGLE – BAKED NATURALS® POTATO CRACKER CHIPS FROM PEPPERIDGE FARM. THEY DELIVER WHOLESOME GOODNESS WITH A GREAT-TASTING CRUNCH. AND THEY COME IN TWO TEMPTING VARIETIES: SIMPLY POTATO AND CHEDDAR AND SOUR CREAM POTATO. YOU CAN'T GO WRONG WITH SUCH A FLAVORFUL OPTION THAT HAS FIFTY PERCENT LESS FAT THAN THE LEADING POTATO CHIP.

RISE: VISIT PEPPERIDGE FARM DOT COM FOR MORE INFO ON THESE SNACK OPTIONS.