

THE END OF THREE SQUARE MEALS A DAY FOR CABBIES?

Busy cabbies are living on unhealthy snacks of crisps and chocolate bars because they haven't got time to cook a wholesome meal, according to the survey carried out by Fridge Raiders chicken bites. The survey found over a third of the cab drivers questioned said they regularly swap breakfast for a snack, with nearly one in four starting their day with a packet of crisps!

The research also found that the average cabbie gets through three snacks a day, with a whopping 53% most likely to snack on crisps, 30% on chocolate or sweets – but only 8% on fruit. 77% of cab drivers have even gone a whole day without eating a single meal, surviving on bars of chocolate and biscuits instead. And 84% of cabbies said they snack instead of eating a proper meal because they can't be bothered to cook.

Nutritionist Fiona Hunter says: "It's extremely worrying to find that so many people are relying on a diet of crisps and chocolate to get them through the day. Sugary and high fat snacks are meant to be treats, to be enjoyed alongside healthy, balanced meals but it seems many busy Brits are choosing these foods because they haven't got time to cook a proper meal.

"Most nutritionists agree that the best way to balance blood sugar levels is to eat three small meals plus a couple of healthy snacks such as fruit, yogurt, meat or cheese in between. If you are going to snack, it's important to snack sensibly and choose foods that contribute vitamins and minerals to the diet rather than just calories."

Fridge Raiders chicken bites mean you can unleash your carnivorous side but at the same time enjoy a low calorie snack. Fridge Raiders are bite sized pieces of 100% chicken breast packed full of protein and low in



fat. The perfect meaty snack, Fridge Raiders are great to grab if you are peckish and on the go. With just 125kcal per pack, low in carbohydrates and containing less than 10% fat, convenient 65g snack-sized pack, they are an ideal snacking alternative.

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Simply answer this question:

How many calories does a pack of Fridge Raiders contain?

Send your answer on a postcard to

Fridge Raiders Competition Taxi Globe 12 Firs Close Hatfield AL10 8NP.

Closing date is 3rd September 2008. Don't forget to include your name and address.

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