

# Better Choices—From Morning to Night

The choices consumers make, and the PepsiCo products they buy, reflect not just who and where they are, but also what they enjoy throughout the day. After all, when they eat better, they feel better. That's why our portfolio offers diverse choices that deliver convenience, affordability and great taste.

For years, we've been working to provide healthier snack and food choices for every occasion. Frito-Lay led the

industry as the first to remove trans fats from all its snack chip products.

Today, whether it's Quaker Oatmeal or Lay's potato chips, consumers around the world can choose products that are right for them and good for their families. Parents can send their kids to school with our Quaker Chewy Bar, a nutritious whole grain snack that contains no high fructose corn syrup. For an afternoon snack, a Quaker Galletas de Avena cookie delivers enjoyment with wholesome ingredients.

For dinner, Near East Pearled Couscous gives families the casual elegance of a chef-made, budget-friendly meal while dining at home. And for daytime snacks or late-night gatherings, new Grain Waves with wholesome corn, wheat and oats gives adults a healthier option.

Choices like these—along with active lifestyles—make it easier for consumers to enjoy the foods they like and achieve the energy balance they need to lead active lifestyles.



Visit Near East Recipes,  
[www.neareast.com/#recipes](http://www.neareast.com/#recipes)

Frito-Lay North America began to produce potato chips with sunflower oil in 2006; since then it has reduced saturated fats by 50 percent and removed trans fats from all products. Between 2003 and 2008 in the United Kingdom, our business reduced saturated fats in Walkers snacks and crisps by 70–80 percent, and salt levels by 25–55 percent.