

REAL SIMPLE

| life made easier |

june

why not
?

SIMPLIFY YOUR LIFE THIS MONTH

get your goat

Bored by bagels and cream cheese? **Switch to goat cheese** instead. It's light and creamy but contains fewer calories than cream cheese.

(A new, spreadable version called Soignon, \$4 at select supermarkets, makes switching even easier.)

Plus, goat cheese can be better digested by the lactose intolerant—and that's nothing to bleat about.