



T.C.B.Y. owner Don Groshan pours some yogurt for customers. T.C.B.Y. keeps up with the Slim Fast craze by serving Slim Fast yogurt shakes. Photo by Jeff Paslay

T.C.B.Y. and Slim Fast: Shake it up and slim down

A sweet addition to a dieter's menu is a Slim Fast yogurt shake, the new product of the combined efforts of T.C.B.Y. yogurt shop and the Slim Fast manufacturers. "The shake is an alternative for people that are taking the Slim Fast drink to loose weight," said Don Groshan, manager of T.C.B.Y., located at 3131 W. 11th Ave. "The benefits are that the shake tastes better than the usual Slim Fast drink, and it has low calories for a dessert, and also is good for them," he said. Along with this new dieter's option are five new sugar-free yogurt flavors, peach, banana,

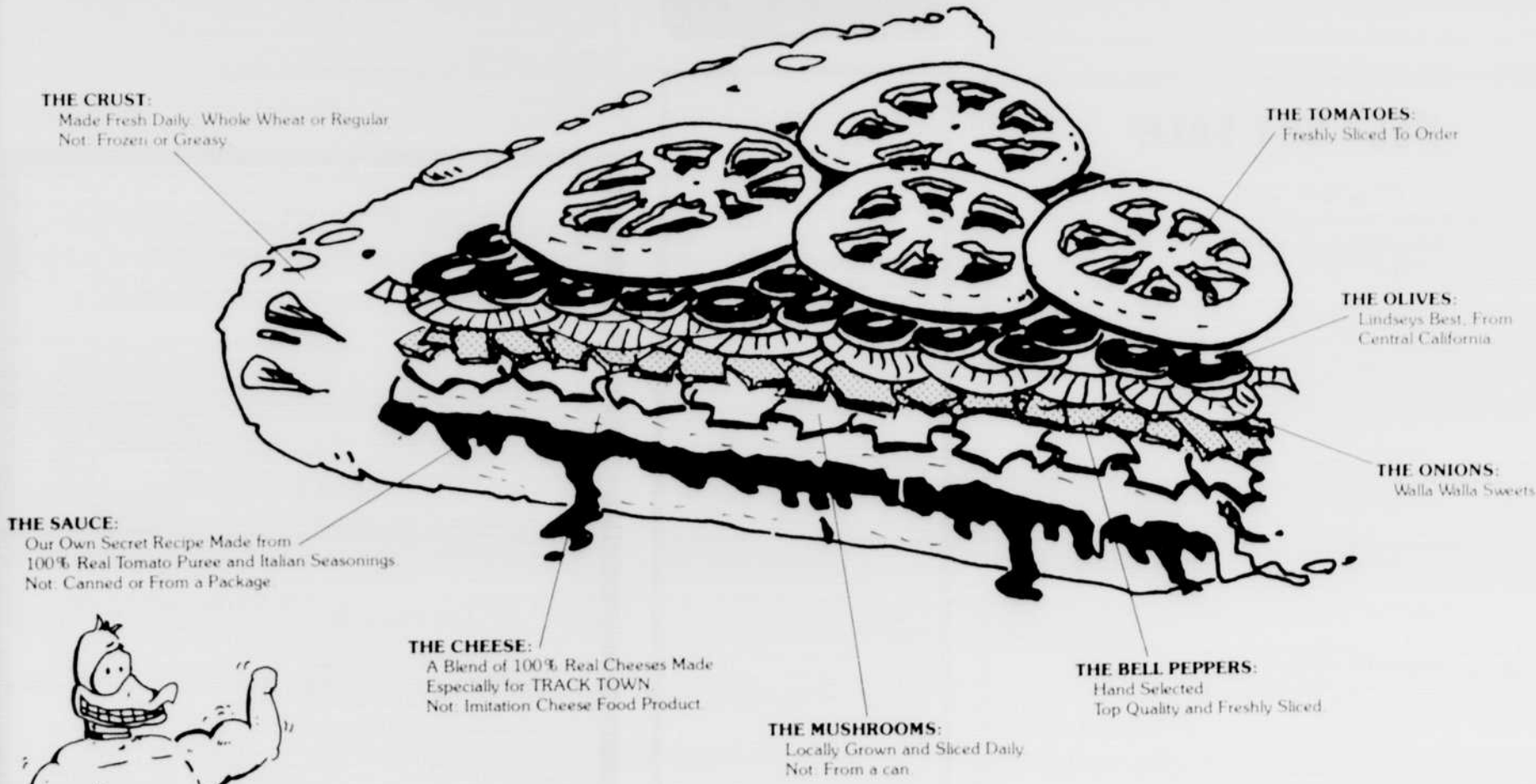
vanilla, dutch apple, and butter pecan, in addition to the previous chocolate and strawberry flavors. For the cost of \$2.25, dieters can delight in a 14-ounce cup filled with the Slim Fast mixing (of any of its original array of flavors: chocolate, vanilla, or strawberry), one-third of a cup of water (instead of milk to save calories!), and six to seven ounces of one flavor of sugar-free yogurt. These ingredients "make a pretty thick shake" for a mere 230 calories, Groshan said.

Turn to SLIM FAST, Page 8B

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