



Dining Around with host Gene Burns
Featuring Debbie Reynolds, co founder of Healthy Handfuls
April 1, 2006 (*excerpted*)

Gene Burns: “One of the great disappointments in my life was to discover that trans fats, which are not good for us, are one of the things put the crispness into cookies and crackers.... So I thought, it’s going to be a lifetime of flabby cookies and crackers. **But yours are delicious--and crisp!**”

Debbie Reynolds: “That’s why so many companies turned to trans fats originally ... because it did provide the flakiness and products were able to stay on the shelf much longer with them. When you’re dealing with organic products or all-natural products, you’re not able to use those trans fats, but you’re able to replace them with better oils, better ingredients, natural ingredients that still give them the same texture and mouth feel and flavor that everyone is looking for, and they really have been perfected over the last several years, so we’re fortunate enough now to have a lot of products on the market that are very good alternatives to the trans fats that so many people are used to eating.”

Debbie: “Unfortunately most children in this country are not eating properly. They’re eating a lot of junk food, a lot of foods saturated with fats, sugars and sodium. We thought, ‘Wouldn’t it be great to come up with a line of products that are convenient and tasty and give children another choice to have.’”

Gene: “How many products do you envision developing in the line?”

Debbie: “You know, it really is endless. The nice thing about the name, Healthy Handfuls, it’s very elastic. It actually has two meanings: Not only is it a healthy handful of food for a child or for an adult, but as you know a lot of people refer to their children as a ‘handful,’ so a healthy handful is a healthy child ... We have a lot of ideas in the pipeline, and it’s really a matter of how far our imagination can take us.”

Gene: “I noticed you have children of your own. Are they the tasting panel?”

Debbie: “We have several: My sister has two children and I do as well. And we have a lot of friends that have tasted. And the other two members of the company also have children.”

Gene: “**Look for these products. They really are delicious ...** And they’re healthy. No trans fats. Lower salt. Lower calories. Lower sugar. And they’re still crunchy. I can tear through a bag of those oatmeal cookies in the twinkling of an eye—and feel good about it, too ... Give these products a try, particularly with your kids. But they’re not only for the kids (don’t tell ‘em)—but they’re for this kid, I’ll tell you. They really are very terrific.”



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