

# **EXHIBIT 10**

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**Sent:** 7/14/2010 8:04:01 AM  
**Subject:** Nutella named one of Good Housekeeping's "50 Best Low-Calorie Snacks" -August 2010  
**Attachments:** Good Housekeeping August 2010 50 Best Low-Calorie Snacks.pdf

Hi there:

FYI attached. Good press for Nutella. [REDACTED]

Rgds,  
Karl

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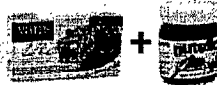
## Low-Calorie SNACKS

We satisfy the munchies up to five times a day—580 calories' worth. For most women, that's about a third of the day's needs. But you can slash that megacalorie tally and stay on friendly terms with your scale: Just limit yourself to two of these 115- to 125-calorie, taste-tested, nutritionist-approved snacks.

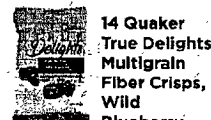
### SWEET



**11 M&M'S Pretzel Chocolate Candies**  
"Why didn't they think of this before?" sums up the response from our testers, who say the "crunchy balls" are the "perfect combo of salty and sweet."



**1 Van's Natural Foods Lite Totally Natural waffle + 1½ tsp. Nutella**  
High in chocolatey flavor, but low on unhealthy fat. Plus, the waffle is made with a blend of good-for-you whole grains.



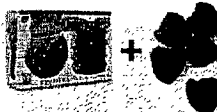
**14 Quaker True Delights Multigrain Fiber Crisps, Wild Blueberry**  
Crunchy and sweet, with 18 grams of whole grains thanks to oats, whole wheat flour, whole-grain corn, and brown rice.



**1 Breyers Inspirations Natural Vanilla Bean Lowfat Yogurt + 1 Mini Nilla Wafer**  
"Just the right amount of sweetness," a hint of vanilla, and probiotics that may boost your immune system. Plus: a cookie to munch on.



**1 pkg. Q. bel Dark Chocolate Wafer Rolls**  
With a dark chocolate center nestled in a crispy cookie and wrapped in more dark chocolate, these bars "would be perfect to have around for a chocolate fix."



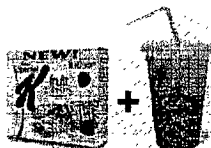
**1 Deep Chocolate VitaTop VitaMuffin + ¼ cup raspberries**  
A muffin that won't contribute to your muffin top. With a side of fruit, it packs 8 grams of fiber and more than half your daily vitamin C needs.



**2 scoops Ciao Bella Blood Orange Sorbet**  
Because this "excellent treat" is both low-cal and fat-free, you get twice the ½ cup serving size (and your daily dose of vitamin C).



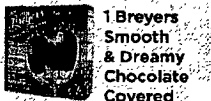
**1 Jell-O Caramel Crème Mousse Temptations + ½ large apple, sliced for dipping**  
This duo has about one-fifth the calories of a caramel apple, and mousse that was "amazing" and "fabulous" to boot.



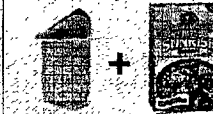
**1 pack Kellogg's Special K Fruit Crisps + iced chai tea + ¼ cup fat-free milk**  
Volunteers raved that these crisps "taste like Pop Tarts"—but with half the calories of one toaster pastry. Wash one down with a cool chai tea.



**½ cup Edy's/Dreyer's Slow Churned Yogurt Blends in Tart Mango + ¼ cup blackberries**  
Tangy frozen-yogurt-shop taste without the parlor price tag. Summery fruit adds fiber and antioxidants to the fro-yo's calcium.



**1 Breyers Smooth & Creamy Chocolate Covered Strawberry Bar**  
With more than 200 fewer calories than a competing bar, this ice cream novelty scored points for its "creamy" texture, "homemade flavor," and "rich chocolate dip."



**4 oz. light yogurt + ½ cup Nature's Path Crunchy Vanilla Sunrise cereal**  
Gluten-free, whole-grain organic cereal adds a satisfying crackle to yogurt. The pairing is a good source of calcium.

By Samantha B. Cassetty, M.S., R.D., GHRI nutrition director

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