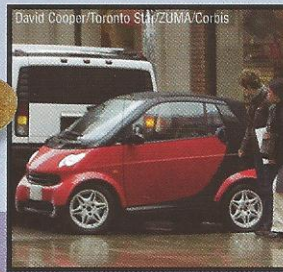


Chris Gardner/AP/Wide World Photos



Tim Boyle/Getty Images



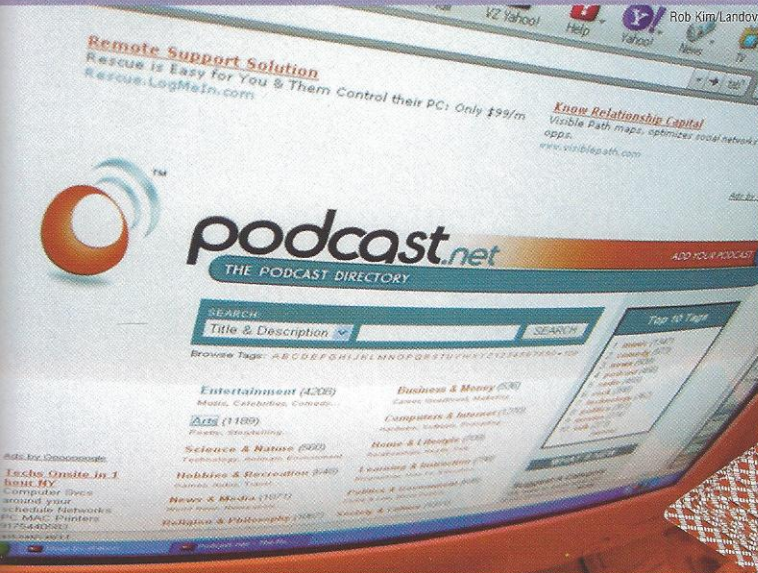
David Cooper/Toronto Star/ZUMA/Corbis

▲ Shops that help you prepare meals to freeze, take home and cook offer a fun, quick and easy mealtime solution for busy moms.

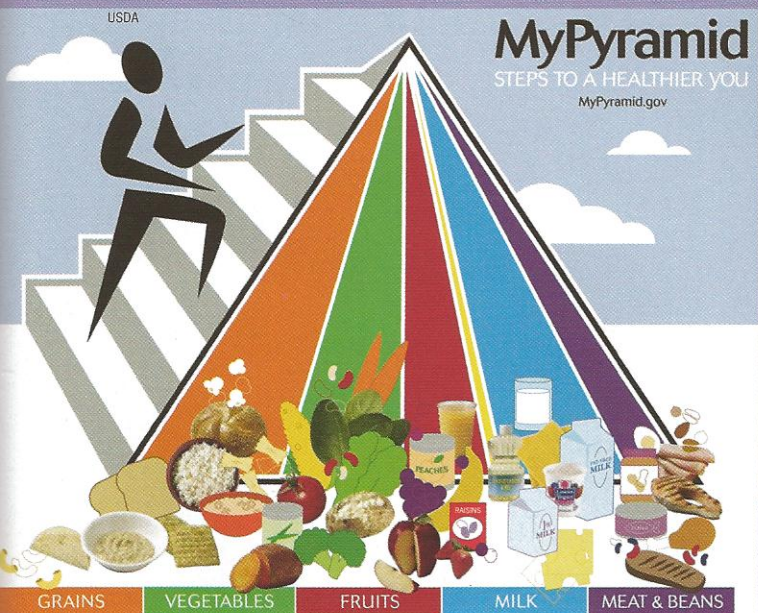
▲ Pets receive the royal treatment with gourmet pet foods, available in upscale pet food shops, pet food bakeries and even ice cream parlors.

▲ Due to high gas prices, consumers opt for smaller cars with better gas mileage rather than gas-guzzling SUVs.

▼ The popularity of poker on television results in one of the biggest fads of the year — home Texas Hold 'Em tournaments.



▲ Podcasts, free broadcast-format audio files published to the Internet and downloaded to iPods by subscription, are a hip way to keep up-to-date.



Rob Kim/Landow

▲ The new food pyramid recommends that kids eat more fruits, vegetables and whole grains than in the past, and exercise 30 to 60 minutes each day.

▲ Blogs become the biggest Web craze since the inception of the Internet thanks to sites like Blogger.com and MySpace.com each day.