



WINTER 07

**Q. MY KIDS ARE ALWAYS LOOKING FOR SNACKS.
What can I serve that's healthy and satisfying?**

A. Part of healthy snacking is about portion control, but, it's also about offering nutritious options that kids like. Nutritionists tell us to start with the basics. Strive for five or more servings of fruits and vegetables each day, so, why not include these as daily snack choices?

Instead of a cookie, offer your child these naturally-healthy, fiber-filled foods:

- Sliced apples sprinkled with cinnamon or topped with peanut butter
- Grapes, a pack-and-snack favorite
- Fresh raw broccoli, carrots or peppers
- A single-serving container of applesauce
- A small salad
- Dried fruit (apricots, apples, raisins)
- Bananas



Most of these items can be kept in the refrigerator in ready-to-snack portions so that kids can learn to help themselves when hunger strikes.

Also, be sure to keep a supply of 6 oz. kids' size 100% juice boxes and water bottles on hand to quench their thirst.

Believe it or not, popcorn is a great whole grain snack! But, don't load it up with butter and salt. Some microwave varieties even come in single-serving mini-bags. Or, why not let your kids "toast" to their health with kid-friendly, whole-grain raisin or cinnamon swirl bread? Add a light coating of cream cheese and you've got a healthy snack with staying power.

Dairy products are also great snacks. If you want to limit calories and fat, opt for low-fat cheese, skim milk, light string cheese and low-fat yogurt.

Having set the stage for a lifetime of better eating habits, now, it's up to you to set an example. Make sure you grab for healthier snacks, too.

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