

FAST FOOD

Pressed for time? These **quick, easy, and healthy** snacks will keep your kids from reaching for candy, chips and soda.

Make sure that they are **easy to find** by keeping them in highly visible places such as the front of the refrigerator, at eye-level in the pantry, or even in the car.

- **Raw veggies and fruits** are great for dipping! Carrots, cucumbers, and celery go great with hummus, cottage cheese or a low-fat dressing. Try apples with peanut or almond butter.

- Instead of chips, go for **popcorn or**

pretzels, which are better for you since they aren't fried.

- Look for single size servings of **yo-gurt or pudding**,

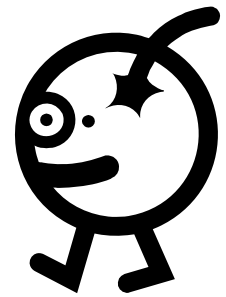
which are enough for one serving, not two or three.

- Whole grain **crackers or cereals** are great finger foods and are packed with important nutrients such as fiber, iron and zinc.

- Try a **pita pocket**—Fill with reduced-fat cream cheese, chopped walnuts, and raisins or fruit for a sweet treat.

- For a great after-school snack, try **turkey roll-ups**—Wrap low-fat turkey and cheese in a tortilla. Warm it up in the microwave on a cold day.

- Have a second breakfast! Top a bowl of **whole-grain cereal** with sliced fruit and low-fat milk. Fiber will fill you up.

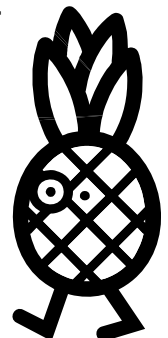


- Shake it up by making trail mix with your child's favorites. Try combining whole grain cereal with dried fruit, nuts, and raisins.

- Get creative and design mini-pizzas! Top English muffins with tomato sauce, mozzarella and your favorite veggies.

- Got leftovers? Reheated soup, potatoes, or pasta can make for a hearty snack.

- For a summer treat, help your kids make their own smoothies. Combine fresh or frozen fruit with milk, juice, or yogurt. Throw in some ice for a real chill!



These healthy snacks will give kids the energy they need to play and