

# Pyramid Snacks



Not all of us consume the amount of food in regular meals that will meet all our dietary needs, so snacks are an important part of our diet. Just as when you eat meals, when you select snack foods, you need to keep an eye on your main goal — a balanced diet. Here are some ideas for healthy snacks that you can try out.

## SNACK MIX

Are you always on the go? Do you participate in active sports like hiking or cross-country skiing? If so, then this mix is an ideal snack for you. It has only half the fat of a one-fourth cup serving of salted peanuts and 144 milligrams less sodium.

- 1 cup pretzels, unsalted
- 1 cup roasted peanuts, unsalted
- 1 cup raisins
- $\frac{1}{2}$  cup sunflower seeds, unsalted

**12 SERVINGS**  
about  $\frac{1}{4}$  cup each

**Per serving:**  
**Calories** 150  
**Total fat** 9 grams

1. Break pretzels into bite-size pieces.
2. Mix ingredients together.
3. Store in airtight container.

## SALSA

A fat-free, low-sodium vegetable dip that provides vitamin C and vitamin A too.

- 8-ounce can “no-salt-added” tomato sauce
- 1 tablespoon chili peppers, canned, drained, finely chopped
- $\frac{1}{4}$  cup green pepper, finely chopped
- 2 tablespoons onion, finely chopped
- 1 clove garlic, minced
- $\frac{1}{4}$  teaspoon oregano leaves, crushed
- $\frac{1}{2}$  teaspoon ground cumin

**Makes about 1 cup**

**Per tablespoon:**  
**Calories** 5  
**Total fat** Trace

1. Mix all ingredients thoroughly.
2. Chill before serving to blend flavors.
3. Serve with toasted pita bread, breadsticks, or raw vegetable pieces.

## CURRY VEGETABLE DIP



Dress up vegetables in a lowfat way.

- 8-ounce carton plain, lowfat yogurt
- $\frac{1}{4}$  cup carrots, shredded
- 2 teaspoons green onions, minced
- 1 tablespoon mayonaise-type salad dressing
- 1 teaspoon sugar
- $\frac{1}{4}$  teaspoon curry powder
- dash pepper

**Makes about 1 cup**

**Per tablespoon:**  
**Calories** 15  
**Total fat** 1 gram

1. Mix ingredients in a bowl.
2. Chill.
3. Serve with crisp raw vegetable pieces, such as celery, carrot, broccoli, or summer squash sticks.

## OTHER SNACK IDEAS

When you want something:

- **Juicy:** fruits
- **Crispy:** pumpkin seeds, carrot sticks, cucumber strips, toast, cereal mixed with nuts
- **For warmth:** soups, cider, herbal tea
- **For thirst:** vegetable and fruit juices, or fruit and yogurt shakes