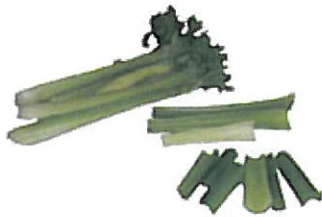


SMART SNACKING

- Enjoy a small snack in between meals only when you are hungry.
- Set aside a healthy snack for your children to enjoy when they get home from school.
- Don't snack right before going to bed. Your food needs time to digest while you are still awake.
- Avoid snacking on chips, candy, and cookies.
- Eat low-fat, low-salt, and low-sugar snacks, such as:
 - › Carrots and other vegetables
 - › Fruits: apples, bananas, oranges, pears
 - › Low-salt crackers with cheese
 - › Nuts
 - › Low-fat yogurt (try stirring in fresh or frozen fruit)
 - › A glass of low-fat milk

Fun Snacks for Children



1) Wash and cut celery into sticks.



2) Spread peanut butter into each celery stick.



3) Top with a few raisins and enjoy!

You can also try apple slices and bananas with peanut butter.

