



Recommended Healthy Snacks

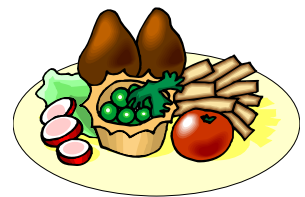
When choosing snacks, limit those with too much sugar, fat or salt. A snack does not have to be solid food. Try having a glass of orange, grapefruit or tomato juice. Below are other suggestions for healthy snacks:

- Fresh Fruit
- Raw Vegetables
- Nuts and seeds
- Whole Grain Cereal
- Rice Cakes
- Unsweetened Juice
- Plain Granola Bars
- Low fat Yogurt

- Cheese
- Unbuttered and unsalted popcorn
- Dried Fruit
- Animal crackers
- Peanut Butter Sandwich
- Whole Wheat Crackers

More recipes at:

<http://www.kidshealth.org/kid/recipes/index.html>



“It takes an entire village to raise a child.”

~Author Unknown

