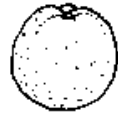


# MAKE A SNACK COUNTER-ATTACK!

## Snacks to Eat at Home:

- Fruit--there are so many to choose from!
- Popcorn (homemade and sprinkled with cinnamon or Parmesan cheese)
- Fruit Salad
- Puddings--rice, bread, tapioca, flan
- Applesauce, baked apple, or apple crisp
- Rice cakes or crackers with cheese, peanut butter or hummus
- Sundaes made with yogurt, cut-up fruit, topped with nuts or cereal
- Cut-up vegetables with dip or tossed salad
- Low-sugar whole grain cereals with milk (oatmeal, Shredded Wheat, Grape Nuts, etc.).
- Sandwiches--tuna, egg salad, turkey, low fat cheese, peanut butter & jelly
- Baked potato or yams (microwave for a quick snack)
- English muffin pizzas
- Leftovers like rice and beans



## Snacks to Buy on the Run:

- Fresh fruit
- Yogurt
- Pretzels, popcorn, sunflower seeds
- Pumpkin seeds
- Graham crackers
- Hard-boiled egg
- String cheese
- Peanuts, almonds, walnuts
- Trail mix (peanuts, sunflower seeds, and raisins)--add to yogurt...yum!
- 100% fruit juice, low-fat milk, water, seltzer
- Raisins or other dried fruit
- Fruit juice popsicle or frozen yogurt
- Carrot, banana, squash, bran, blueberry, or corn muffin
- Taco or enchilada
- Crackers with peanut butter or cheese
- Cheese or veggie pizza



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## YUMMY THINGS TO DRINK:

- 100% fruit or vegetable juice
- 1% low-fat or skim milk
- Water with a splash of lemon or lime
- Flavored seltzers
- “Soda Naturale”--combine 1/2 glass of fruit juice and 1/2 glass of seltzer
- 100% Fruit Punch--mix up your favorite 100% fruit juices together
- Herbal Teas
- Smoothies--blend up yogurt, fruit juice and fruit.



## JANEY’S/JOHNNY’S FAVORITE SNACK RECIPES:

### 1. TRAIL MIX

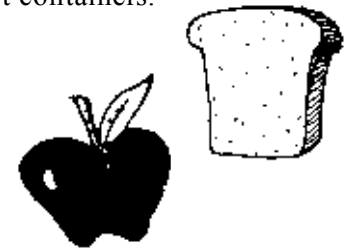
- Ingredients:
- sunflower seeds
  - nuts
  - raisins
- Optional: any dry cereal, granola, pretzels, and other dried fruits



Mix together and store in recycled yogurt containers.

### 2. MAKE A FACE

- Ingredients:
- rice cake or slice of whole grain bread
  - peanut butter or ricotta cheese
  - raisins
  - fruit slices like apples, bananas, grapes



Spread peanut butter or ricotta cheese on the rice cake or bread. Make a face! Raisins, apple slices, and banana slices make great eyes, noses, and mouths! Great with a cup of cold, low-fat milk--make a moustache!

### 3. ROLL-ME-UP ENCHILADAS

Melt cheese on a whole wheat tortilla in a toaster oven. Roll it up into a tight stick. Dip into salsa.

### 4. FRUIT SMOOTHIE

Shake up or blend in blender--low-fat yogurt, banana, or other favorite fruits, milk, and/or orange juice. For a protein boost add protein powder or instant non-fat milk. Refreshing!

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