

Starting Fresh With Healthy Snacks
Joanie Ballard

Why not start fresh in the kitchen this fall by taking an inventory of your pantry, fridge and freezer? Finding healthy alternatives to snacking doesn't mean you have to forfeit taste. Here are a few suggestions that will hopefully freshen up the taste buds while improving your family's overall health. Happy Snacking!

Carrots w/Balsamic Vinaigrette Dressing

Almonds (cocoa and cinnamon flavor)

Back to Nature Foods® (organic and delicious)

Whole-Grain Waffles (sprinkle w/cinnamon or top w/fruit – yummy)

Apple Slices w/a teaspoon of healthy spread

Strawberries

Bananas

In Season Melon

Craisins

PlumSweets in Dark Chocolate (fantastic)

Chewy Granola Bars (25% less sugar)

Snyder's® Mini Pretzels (50-Calorie Snack Package)

Popcorn (100 Calorie Bags - Check Nutritional Label)

Edy's® Fruit bars (Low Cal and Low Carb)

50-Calorie Diced Fruit

Toasted Mini-Bagels with Honey

Lowfat Frozen Yogurt (Publix® Premium is my favorite)