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## Healthy Snacks for All Ages – Check Out These Snack Ideas!

### BREAD, CEREALS AND OTHER GRAINS

- Mini pizzas: Place tomato sauce on bagel half, crisp bread, English muffin half or pita bread. Sprinkle with Italian seasoning and top with a thin slice of part-skim mozzarella cheese. Place in warm oven or microwave for a few seconds to melt cheese.
- Season hot popcorn with chili powder, garlic powder, Parmesan cheese or a combination.
- Top angel food cake with fresh fruit, such as peaches or strawberries.

### FRUITS

- Combine one 8-ounce carton of plain yogurt and 1 tablespoon of orange juice or lemonade concentrate. Chill and serve as a dip with fruit chunks.
- Enjoy dried fruits like apricots, apples, raisins and prunes in moderation as they're high in sugars.
- Broiled fruit: sprinkle a dash of cinnamon on a grapefruit or peach half, on a split banana, or on a thick apple or pineapple slice and place under the broiler for about 5 minutes.
- Try an apple a day, or a handful of grapes, or whatever fruit is in season. It's cheaper and healthier and add nuts if you desire.

### VEGETABLES

- Marinate cooked or raw vegetables in no-oil Italian dressing or balsamic vinaigrette.
- Grilled leftover vegetables are great on salads and sandwiches or plain.
- Combine the following in a blender and whirl until smooth: 1 cup of cottage cheese, 2 to 4 tablespoons of skim milk, and dill weed or chives to taste (start with 1/2 teaspoon). Enjoy this dip with an assortment of raw vegetables as dippers.
- Make your salads with at least 5-6 cut up vegetables in addition to a variety of dark-leafy greens like spinach, red and white cabbage, leaf lettuce, spring greens, etc. Don't forget fruits and nuts, and dress with simple oil and vinegar or lemon juice or flavored vinegars.

- Make soups with wide variety of cooked vegetables and beans and small amounts of meat or fish for flavoring.
- Use cabbage and lettuce wraps to contain your favorite bean spreads, vegetables, protein and meat salads (tuna, chicken, etc.)
- Add shredded or chopped fresh vegetables to baked goods, casseroles, chili, soups, etc...

### **MILK, YOGURT AND CHEESE**

- Nonfat milk shake: blend 1 cup of skim milk, 1 cup of ripe or frozen fruit, 1 teaspoon of vanilla and two to three ice cubes in a blender.
- Fruit Smoothie: blend 1 cup of plain low-fat or nonfat yogurt, 1/4 cup of pineapple juice, 1/2 cup of fresh or frozen fruit and two to three ice cubes in a blender or shaker.
- Alternate low-fat cheese cubes with fruit chunks on skewers for a fun snack.
- Cottage cheese and fruit
- Yogurt sundae with plain yogurt, cut fresh fruit, nuts, and granola topping. To sweeten add honey.

### **MEAT, POULTRY, FISH, EGGS, DRY BEANS**

- Slice cucumbers or zucchini into quarter-inch slices. Spread with mashed hard cooked egg made with prepared mustard, or drained tuna mixed with low-fat salad dressing.
- Bean dip: combine cooked, mashed pinto or kidney beans with chopped onion, chili powder and garlic powder to taste. Add some bottled salsa for flavor and to thin the dip to the desired consistency. Serve with assorted raw vegetables.