

# Total Nutrition

## Seven Healthy Snacks To Try This Week

by Mindy Hermann, R.D.

(NAPSA)—It's okay to snack.

In fact, many of us should snack as a way to eat all the foods we need each day.

"The latest edition of the Dietary Guidelines for Americans recommends that adults get three daily servings of dairy, two cups of fruit and 2½ cups of vegetables, along with plenty of foods made with whole grains," says Jennifer Anderson, Ph.D., R.D., Professor and Extension Specialist at Colorado State University in Fort Collins.



Mindy Hermann

"It's hard to eat that much in meals alone."

These seven snacks help bridge the gap:

1. **Grab fruit.** "Bring along fruits that are convenient and not messy, like a banana for the car, an apple for your desk drawer or a small box of raisins or homemade trail mix for your purse. Fruits are relatively low in calories and high in nutrients like potassium and antioxidants," advises Dr. Anderson.

2. **Dip your vegetables.** Cut up raw vegetables—celery, carrots, cauliflower, broccoli, green pepper, green beans, cucumbers, mushrooms or zucchini—and enjoy with salsa or a low-fat yogurt dip. Vegetables are filling and offer the most nutrition bang for the calories, plus they are linked to healthier body weight.

### 1-2-3 Trail Mix

- 1 tbsp. peanuts, walnuts, sunflower seeds, pumpkin seeds
- 2 tbsp. raisins, chopped apricots, chopped dried apples
- 3 tbsp. Whole Grain Total®

Toss together in a sealable plastic bag. For top freshness, eat on the day that it is made. TT

3. **Relax with a latte.** When made with low-fat or skim milk, a latte or cappuccino packs in calcium and other dairy nutrition. Or make your own café au lait by mixing together equal parts warm milk and hot coffee.

4. **Enjoy an afternoon breakfast.** At 100 calories per serving, Whole Grain Total can help you lose weight when combined with diet and exercise. Top with skim or low-fat milk plus fruit for a wholesome and nutrition-packed snack.

5. **Make it Mexican.** Place shredded reduced-fat cheese atop a corn tortilla and warm in a skillet. Add salsa, diced tomato or a spoonful of fat-free refried beans.

6. **Go for a Graham.** Spread peanut butter or whipped low-fat cottage cheese on two to four graham cracker squares. Place sliced banana, apple or grapes on top.

7. **For a Souper Snack,** puree cooked broccoli, carrots, cauliflower, spinach and other leftover vegetables with low-sodium broth or vegetable juice until smooth. Heat and then season to taste. On the go? Bring the soup in a travel mug.