

POWER SNACKING IDEAS

“Tip for Living Well”

By Pamela M. Smith, R.D

For simple re-fueling stops, take note of these energy-packed Power Snacks:

***Whole grain crackers or Raisin Squares with low-fat cheeses (like string cheese, part skim mozzarella, or Laughing Cow Lite).**

***Half a lean turkey or chicken sandwich.**

***Plain, lowfat yogurt blended with fruit or all fruit jam.**

***Whole grain cereal with skim milk.**

***Baked low-fat tortilla chips with fat-free bean dip and salsa.**

***Health Valley graham crackers with natural peanut butter.**

***Popcorn sprinkled with parmesan cheese.**

***Half a small, whole-wheat bagel or English muffin with 2 Tbsp. light cream cheese.**

***Fruit Shake: skim milk blended with frozen fruit and vanilla.**

***Trail Mix: 1 cup unsalted dry roasted peanuts, 1 cup unsalted dry roasted (shelled) sunflower seeds, and 2 cups raisins. Use in 1/4cup portions.**

For more snacking ideas and power-packed recipes, visit www.pamsmith.com.