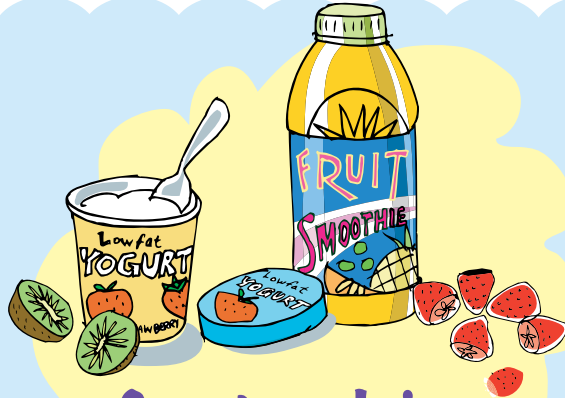


Grab Quick and Easy Snacks

Snack smart...If you are hungry for something:



Sweet or Juicy

Fruit, lowfat yogurt,
100% fruit juice,
fruit smoothie



Chewy

Dried fruit,
fig bars



Savory

Pretzels
(try them dipped in
hummus), nuts

Crunchy

Carrot sticks, cucumber slices,
celery sticks, apple wedges, cereal
mixed with nuts and raisins,
whole-wheat crackers,
lowfat granola bars

