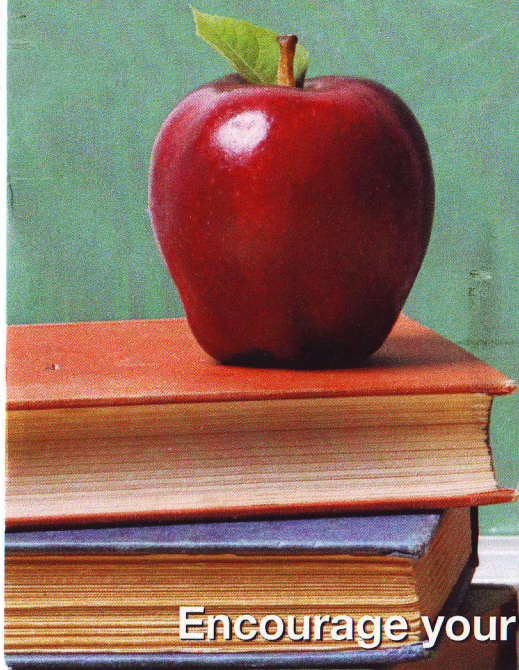


GIVE YOUR KIDS HEALTHIER SNACKS



Instead of...

Sugar-sweetened beverages

Full calorie chips and crackers

Sweets and baked goods

Try...

- Fat-free or 1% fat milk
- 100% fruit juice
- Low sodium vegetable juice
- Water
- Unsalted sunflower seeds
- Whole-grain crackers (fat-free or low fat)
- Fat-free, 1% fat or low-fat cheese sticks
- Unsalted rice cakes
- Apples or orange slices
- Bananas
- Carrot or celery sticks
- Unsalted walnuts or almonds
- Plain, fat-free, 1% fat or low-fat yogurt
- Canned fruit in their own juice, with no sugar added
- Fresh or dried fruit
- Frozen bananas or grapes
- Raisins
- Baked apples
- Fat-free, 1% fat or low fat unsweetened fruit yogurt
- Sugar-free ice pops

Encourage your kids to be active, too. Get ideas at www.heart.org