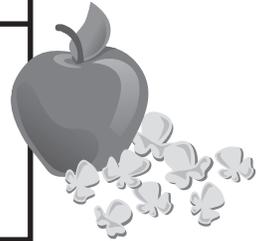


MAKE SNACKS COUNT

Snacks can help keep you energized throughout the day. For your heart healthy eating pattern, choose snack foods that are low in saturated fat, trans fat, and calories, yet provide other important nutrients such as fiber, calcium, and B-vitamins.

Plan snacks as part of your overall eating pattern, instead of as extras—especially if you are trying to maintain your current body weight or to lose weight.

| Typical Snacks | Heart Healthy Alternatives |
|----------------------------|---|
| ✓ Potato or tortilla chips | ✓ Cheerios® cereal with fresh fruit |
| ✓ Candy bar | ✓ Nature Valley® Healthy Heart Chewy Granola Bars |
| ✓ _____ | ✓ _____ |
| ✓ _____ | ✓ _____ |
| ✓ _____ | ✓ _____ |



Try These Ideas for Healthy Snacks

- Whole grain cereal
- Fresh fruit
- Fresh vegetables with low-fat dip
- Low-fat popcorn
- Reduced-fat ice cream with berries or peaches
- Baked tortilla chips with salsa
- Whole grain crackers with low-fat cheese
- Low-fat yogurt
- Broth- or vegetable-based soup
- Whole-wheat bread or pita with vegetables
- Frozen fruit bar
- Corn meal or bran muffins

Crunchy Frozen Bananas

- 4 firm ripe bananas
- 8 wooden sticks with rounded ends
- 1 to 2 containers (6 ounces each) thick and creamy lowfat yogurt (any flavor)
- 3 cups Cheerios® cereal



1. Cover cookie sheet with waxed paper.
2. Peel bananas; cut bananas crosswise in half. Insert wooden stick into cut end of each banana. Roll in yogurt, then in cereal. Place on cookie sheet.
3. Freeze about 1 hour or until firm. Wrap each banana in plastic wrap or aluminum foil. Store in freezer. 8 servings.

1 Serving: Calories 120 (Calories from Fat 10); Fat 1g (Saturated 0g); Cholesterol 0mg; Sodium 120mg; Carbohydrate 26g (Dietary Fiber 2g); Protein 3g

% Daily Value: Vitamin A 10%; Vitamin C 15%; Calcium 6%; Iron 15%

Diet Exchanges: 1 Starch, 1/2 Fruit

High Altitude (3500-6500 ft): No changes.

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Crispy Oat Cookies

- 1 1/2 cups sugar
- 1/4 cup margarine, softened
- 1/2 cup fat-free cholesterol-free egg product
- 1/3 cup canola oil
- 1 teaspoon vanilla
- 1 1/2 cups Gold Medal® all-purpose flour
- 1 cup quick-cooking or regular oats
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 3 cups Cheerios® cereal
- 1 cup raisins



1. Heat oven to 375°F. Beat sugar and margarine in large bowl on medium speed until blended. Beat in egg product, oil and vanilla. Stir in flour, oats, baking soda, and salt. Stir in cereal and raisins.
2. Drop dough by slightly rounded tablespoonfuls 2 inches apart onto ungreased cookie sheet.
3. Bake 9 to 11 minutes or until light brown. Remove from cookie sheet to wire rack; cool. About 3 dozen cookies.

1 Cookie: Calories 120 (Calories from Fat 35); Fat 4g (Saturated 0g); Cholesterol 0mg; Sodium 115mg; Carbohydrate 19g (Dietary Fiber 1g); Protein 2g

% Daily Value: Vitamin A 2%; Vitamin C 0%; Calcium 0%; Iron 6%

Diet Exchanges: 1 Carbohydrate, 1 Fat

High Altitude (3500-6500 ft): No changes.

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Applesauce Muffins

- 2 cups Cheerios® cereal
- 1 1/4 cups Gold Medal® all-purpose flour
- 1/2 cup packed brown sugar
- 1 teaspoon ground cinnamon
- 1 teaspoon baking powder
- 3/4 teaspoon baking soda
- 1 cup applesauce
- 1/3 cup skim milk
- 2 tablespoons vegetable oil
- 1 egg or 1/4 cup fat-free cholesterol-free egg product
- 1/2 cup raisins, if desired



1. Heat oven to 400°F. Spray bottoms only of 12 regular-size muffin cups with cooking spray.
2. Crush cereal. Stir together cereal, flour, brown sugar, cinnamon, baking powder, and baking soda in large bowl. Stir in remaining ingredients just until moistened. Divide batter evenly among muffin cups.
3. Bake 18 to 22 minutes or until golden brown. 12 muffins.

1 Cookie: Calories 140 (Calories from Fat 25); Fat 3g (Saturated 1g); Cholesterol 20mg; Sodium 180mg; Carbohydrate 25g (Dietary Fiber 1g); Protein 3g

%Daily Value: Vitamin A 6%; Vitamin C 2%; Calcium 4%; Iron 10%

Diet Exchanges: 1 Starch, 1/2 Fruit, 1/2 Fat

High Altitude (3500-6500 ft): No changes.

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