

SMART SNACKING

Eating Sensibly

(NAPSA)—For some people, between-meal hunger pangs may result in reaching for a snack that may not fit into their meal plan. Fortunately, making wise food choices is possible with a little advance snack planning.

Grab and Go

If your morning meal doesn't always do the trick, packing a delicious, chewy cereal bar can help you get through to your next meal. Not only do the high-protein Post® CarbWell™ cereal bars deliver on taste, but the individually wrapped bars can easily fit into a carb-conscious lifestyle that's also on the go.

Keep It Nutritious

To help ensure that snacks are a nutritious part of healthful eating, include food choices from one or two food groups and look for snacks that help fill nutrient gaps. Examples are graham crackers and milk, apple slices with cheese, carrot sticks with cottage cheese dip or peanut butter on crackers with orange juice. Because snacks supply calories, they should be planned as part of an overall healthful eating pattern. And don't forget that hydration is necessary for healthy living and water is a simple, easy way of giving your body the fluids it needs.

It's Okay To Treat Yourself

You don't have to avoid snacking on sweet treats, just remember to do so in moderation. For example, CarbWell™ cookies may be of interest to those who want to incorporate cookies into their carb-conscious lifestyle. Another sweet, refreshing treat can be Sugar Free Low Calorie Jell-O® gelatin. This 10-calorie, fat free snack comes in many flavors and convenient Ready-to-Eat cups.

In the mood to make something? Consider this recipe that is reminiscent of apple pie and each



serving of this delicious snack provides a good source of calcium.

Apple & Cheese Snacks

Prep Time: 10 min.

Total Time: 10 min.

Makes: 12 servings (2 topped crackers each)

24 Ritz Reduced Fat Crackers
6 Kraft 2% Milk Singles, cut into quarters
12 thin apple slices, cut into quarters
Ground cinnamon

TOP each cracker with 2% Milk Singles quarters and 2 apple pieces. Sprinkle with ground cinnamon. Place on microwavable plate. Microwave on HIGH 20 seconds or until 2% Milk Singles are warm and slightly melted. Repeat with remaining crackers

Serve with an 8-oz. glass of fat-free milk or fruit juice.

Nutrition Information Per Serving: 60 calories, 2.5g total fat, 1g saturated fat, 5mg cholesterol, 200mg sodium, 8g carbohydrate, less than 1g dietary fiber, 3g sugars, 3g protein, 4%DV vitamin A, 0%DV vitamin C, 15%DV calcium, 0%DV iron.

Find more Carb Counting information and recipes in the Weight Management Corner of www.krafthealthyliving.com.