

Healthful Snacks The Whole Family Can Enjoy

(NAPSA)—It's never too early—or too late—for parents to set a good example by establishing good eating habits and providing healthful foods for children, especially when it comes to snacks. The United States Department of Agriculture (USDA) guidelines recommend up to two cups of fruits a day, reinforcing the importance of healthful eating for parents and kids.



Many families find the idea of snacking on fruit is one that can really grow on them.

According to *Grocery Headquarters*, Americans eat an average of five times a day, with snacks accounting for almost half of those occasions. Additionally, *Parade* lists the four most popular snacks as chips, popcorn, cookies and ice cream. With childhood obesity a growing national concern, it's more important than ever for kids to eat more nutritious foods—and for their parents to make sure healthful snacks are available in the household. However, choosing healthier snacks does not have to mean compromising taste or convenience. Many healthy grab-and-go snack choices appeal to all ages and taste buds.

When a snack attack hits and kids crave something sweet, skip the candy bars and cookies and try a fruit or fruit in gel cup instead. Dole Fruit Bowls offer a wide variety of all-natural, refreshing fruits (like peaches and pears) and fruit in gel combinations (like Mandarins in Orange Gel) that are lower in fat and calories than many other snack foods. These fruit cups are packed in convenient, portable containers that require no refrigeration before opening, making them the perfect grab-and-go snacks for

busy kids, teens and adults.

“One regular four-ounce Dole Fruit Bowl is a great way to help consumers reach the USDA's recommended servings of fruit per day and is a healthier way to satisfy cravings and cut calories,” said Jennifer Grossman, Vice President, Dole Nutrition Institute.

With kids and parents constantly on the go, Dole Fruit Bowls is an easy way to make sure the whole family eats right whether on the road, in school or at home. Other healthful snack alternatives include nuts and seeds (good sources of protein and beneficial oils), multigrain crackers and yogurt. Whole fruit and vegetables—such as carrots and celery sticks—as well as natural fruit juices, dried fruit and raisins also make for tasty and convenient snack choices.

Select items from among the groups listed in the USDA's food pyramids to ensure that your family eats snacks that are healthful and more nutritious than vending machine fare. No matter what the season, it's always a good time for parents and kids to start making healthier snack choices.