

Nutrition for Active Families

Snacking Solutions

(NAPSA)—Research shows that Americans snack nearly as often as they eat regular meals, and almost 90 percent of U.S. consumers have a daily snack. Today, snacking and snack foods are viewed as appealing, easy preparation solutions for hectic schedules and great for those last-minute get-togethers.

The need for delicious snacks at a moment's notice doesn't have to be a source of additional anxiety. Mary Lou Retton, Olympic gold-medal winner, U.S. fitness ambassador and mom of four, explains.

"Balance beams, bar routines and tumbling passes are nothing in comparison to balancing my family's daily activities," said Retton. "My four daughters and I are constantly on the go—making sure they are fueled throughout the day with satisfying, protein-filled snacks is of utmost importance to me as a mother."

Whether it's feeding the neighborhood kids after a game or creating a great spread for friends while catching up on the latest must-see TV, moms have no need to stress when there is a need to feed. Consider these Tyson® Any'izers for the following occasions:



Afternoon Snack
Homestyle Chicken Fries

Light Meal
Cheddar and Bacon Chicken Bites

TV/Movie Time
Popcorn Chicken

Gathering/After Game
Hot 'N Spicy Chicken Wings

Party Food
Buffalo Style Boneless
Chicken Wyngs™

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