

Three Simple Switches for Better On-the-Go Snacks

(NAPSA)—Even though today’s mom is *on-the-go*, she still seeks ready-to-grab snacks that are better nutrition choices for her family. “Snacks can be quick and good for your family with a few simple switches,” says Tara Gidus, MS, RD, CSSD, LD/N, the *Diet Diva* from the nationally syndicated, *Daily Buzz* and author of “Pregnancy Cooking & Nutrition for Dummies.” Tara suggests trying these three simple switches:

#1: Switch snack chips for homemade trail mix. “You don’t have to hike to enjoy a trail mix,” remarks Tara. “By mixing your own blend, you can give your family more nutrients than a snack chip would provide.” Tara says that many families enjoy dried fruit, unsalted nuts and even a few dark chocolate bits. Tara says that, “Moms can feel good about the nutrients from the dried fruit and healthier fats found in the nuts!”

#2: Switch from *pre-packaged* to *prepared*. “Preparing healthy snacks can be just as convenient as pre-packaged ones,” notes Tara. Tara suggests chopping veggies and leaving them in grab-and-go baggies in the fridge, keeping string cheese and low fat yogurts on-hand, and preparing peanut butter and whole grain crackers to take on the road.

#3: Switch from butter to Country Crock. “To save on saturated fat, I suggest that moms cook, bake, spread and top with a soft spread,” says Tara. Country Crock has 70 percent less saturated fat than butter, no partially hydrogenated oils—so 0 grams trans fat per serving—and no cholesterol.* Tara recommends trying this recipe for *On-the-Go Bars* from Countrycrock.com.

* Country Crock Regular and Churn Style have 60 calories, 7g fat, 2g saturated fat and 0g of trans fat per serving. One serving (1Tbsp.) of butter contains 100 calories, 11g total fat, 7g saturated fat. (<http://ndb.nal.usda.gov/>).



On-The-Go Bars

Makes: 24 bars

Prep Time: 10 minutes

Cook Time: 5 minutes

Stand Time: 30 minutes

- ½ cup Country Crock Spread
- 1 bag (10 oz.) marshmallows
- ½ tsp. ground cinnamon
- 6 cups toasted o-shaped whole grain oat cereal
- 1 bag (7 oz.) dried mixed fruit bits

Line 13 X 9-inch baking pan with aluminum foil, then spray with nonstick cooking spray; set aside.

In 4-quart saucepan, melt Country Crock Spread over medium heat and marshmallows and cinnamon, stirring occasionally, 4 minutes or until marshmallows are completely melted. Quickly stir in cereal and fruit. With spatula sprayed with nonstick cooking spray, evenly spread cereal mixture into prepared pan; cool 30 minutes. To serve, cut into 24 bars.

Nutrition Information per bar:

Calories 100, Calories From Fat 20, Saturated Fat 0.5g, Trans Fat 0g, Total Fat 2g, Cholesterol 0mg, Sodium 90mg, Total Carbohydrates 19g, Sugars 11g, Dietary Fiber 1g, Protein 1g, Vitamin A 8%, Vitamin C 4%, Calcium 4%, Iron 15%