



Nutrition tips from Carol Kur, MSRD

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Healthy and Quick after School Snacks For your Children

Brown Rice cakes (unsalted or lightly salted), Spread with natural peanut butter and add banana or strawberries.

Hummus Dip- with some cut veggies or whole grain crackers

Baked Tortilla Chips and Salsa, serve with melted reduced-fat natural cheese and low-fat sour cream

Mini Whole Grain Bagels-Top with reduced-fat natural cheese and/or lean meat..

Fruit and Yogurt Smoothie-be creative and get your kids involved! Use low-fat vanilla or fruit-flavored yogurt or frozen yogurt as the base. Blend in fresh or unsweetened frozen fruit. Add ice to thicken.

Pizza Pita- use whole grain pita and toast with sauce and lowfat cheese ...so good

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