

Summer 2006

# Healthy Bytes

## Healthy snack ideas for summertime fun

Whether your summertime fun involves playing at the park, camping trips or days spent at the pool, you're probably often faced with what to feed your family. **Try some of these cool and easy snack ideas that both parents and kids can enjoy:**

- Veggies, like carrots and broccoli, served with low-fat ranch dip
- Celery with peanut butter and raisins
- Mini fruit kabobs (pineapple, strawberries and grapes) on toothpicks
- Homemade mini muffins (banana, blueberry or bran)
- Whole grain tortillas spread with light cream cheese, guacamole, beans and fresh salsa, rolled up and sliced
- Nuts, popcorn and dried fruit mix
- Apple or pear slices served with cheese or peanut butter
- Popsicles made out of frozen fruit juice or low-calorie lemonade
- Smoothies made with low-fat yogurt, frozen fruit, skim milk, juice and ice

Make your summertime snacks healthy and fun!



WE'LL GIVE YOU AN EDGE<sup>SM</sup>

Principal Wellness Company, [www.principal.com/wellness](http://www.principal.com/wellness)

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