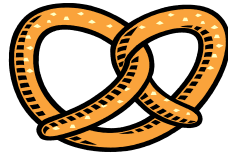




HEART HEALTHY SNACK IDEAS

INSTEAD OF:

Potato Chips



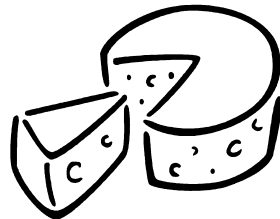
Buttered Popcorn

Ice Cream

Cake, Cookies, Sweets



Regular Cheese & Snack Crackers



Soda

CHOOSE:

Pretzels or Baked Tortilla chips with salsa

Air Popped or Lowfat Popcorn

Fat Free Ice Cream or Frozen Yogurt, Sherbet

Angel Food Cake, Graham Crackers, Animal Crackers, Vanilla Wafers, Fat Free Cookies, Fig Newtons, Cereal, Sugar-Free Pudding, Fresh Fruit, Dried Fruit Mix

Lowfat Cheese with Soda Crackers, Bagel with Lowfat Cream Cheese or Peanut Butter, Vegetable Sticks with Lowfat Dressing.

Unsweetened Fruit Juice, Skim Milk