



# FOOD WISE

Healthy choices, healthy lives.

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## Healthy Snack Ideas

### Save time by slicing veggies

- Store sliced vegetables in the refrigerator and serve with hummus.
- Top half a whole-wheat English Muffin with spaghetti sauce, chopped veggies and mozzarella. Melt in microwave.

### Mix it up

- Make trail mix with dried fruit, unsalted nuts and popcorn. Put in snack-size bags.
- Blend smoothie using vanilla low-calorie yogurt with 100% juice and frozen fruit .

### Grab a glass of skim or 1% milk

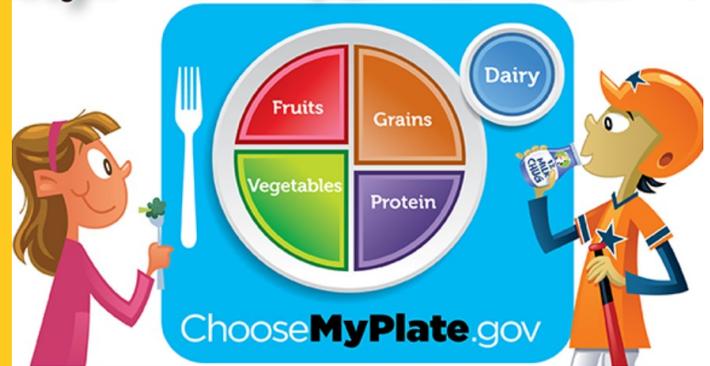


Photo: [choose my plate.gov/kids](http://choosemyplate.gov/kids)

### Make fruit more appealing

- Many fruits taste great with a yogurt dip.
- Spread peanut butter on apple slices.

Adapted from "10 Tips: Myplate Snack Tips for Parents" for more click [here](#).

## Recipe: Cucumber Salad

### Ingredients

- 1 Cucumber (large, scored and thinly sliced)
- 2 Tablespoons plain yogurt, low-fat
- 1 Tablespoon vinegar
- 1 Tablespoon vegetable oil
- 1 Tablespoon water
- 1 teaspoon dill weed (optional)
- 1 dash pepper (optional)



Photo: [nesfp.nutrition.tufts.edu](http://nesfp.nutrition.tufts.edu)

### Directions

1. Score with a fork, then thinly slice cucumber.
2. Mix all other ingredients in the mixing bowl.
3. Add cucumber slices and stir until coated.
4. Chill until serving.

### Nutrition Content

- 90 Calories
- 2 grams of protein (more if Greek yogurt is used)
- 4 grams carbohydrates

### Helpful tips

- Try different cucumber shapes.
- Ask your children which ingredient they would like to add to the salad.

Recipe adapted from USDA ["What's Cooking"](#) .