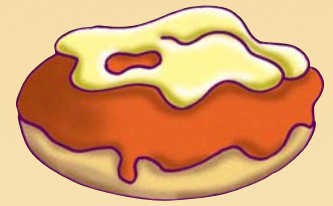


My Unique Tastes



Part of being uniquely you is knowing what foods you like. And wouldn't it be cool if the foods you liked not only tasted good but were good for you? "No way!" you say? Yeah, way! Healthy foods can be great-tasting too.

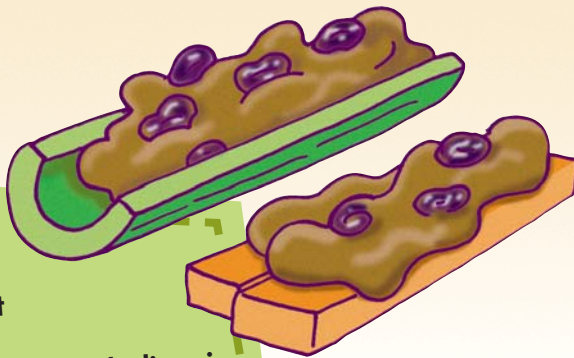


Throw a "Good and Tasty" Party

With your friends, mix and match the list of foods below to make "good and tasty" snacks—good-tasting and good for you.

Decide who's bringing what, and when everyone arrives, start mixing and matching. For example: combine your peanut butter and raisins with your friend's celery and carrot sticks to make "ants on a log." Spread spaghetti sauce on English muffins. Sprinkle shredded cheese on top, and with an adult's supervision, pop into the toaster oven or under the broiler until cheese is melted... Ta da! You've got mini-pizzas!

Try each of the dishes you and your friends create. What was the tastiest snack?



Dips

- Low-fat yogurt
- Salsa
- Nonfat sour cream with dip mix

Dippers

- Apples
- Baked chips
- Blueberries
- Carrots
- Celery
- Cherry or grape tomatoes
- Cucumbers
- Grapes
- Peaches
- Plums
- Pretzels
- Strawberries

Bottoms

- Rice Cakes
- Whole wheat bread/English muffins

Toppers

- Low-fat cheese
- Raisins
- Sunflower seeds

Mixers

- Cereals with no added sugar
- Sunflower seeds
- Unbuttered popcorn
- Raisins

Spreads

- Jellies and jams with no added sugar
- Natural peanut butter
- Spaghetti sauce

