



SATISFY THE SNACK ATTACK WITH A NEW HABIT

It's widely known that most potato chips, cheese doodles and candy bars are loaded with fat, sodium and sugar and contain little nutritional value. We also know that not all snacks are created equally. In fact, snacking can be an important part of a healthy diet and weight-loss plan as long as you choose wisely.

What is a healthy snack?

When reaching for the next nibble, make it a habit to reach for your favorite fruits like sweet, delicious California strawberries, fresh veggie sticks, nuts or cheeses instead of highly processed foods. Choose fruits or vegetables that provide important vitamins and minerals and are high in fiber. Fiber will satisfy your appetite and prevent you from overeating at your next meal. Introducing small changes in your diet each week can result in big changes in the way you look and feel.

Need more energy?

Healthy snacking is an ideal way to maintain energy levels throughout the day, preventing your body from becoming tired or sluggish between meals.

Here are some simple and satisfying snack ideas. They are easy to prepare and will fit into your day whether you're on the beach, at home or at your desk.

Great straight

California strawberries are the healthy indulgence to satisfy any sweet tooth — just toss washed and cored strawberries into a plastic container and snack away!

Afternoon tea

Three o'clock teatime is a great way to maintain healthy energy levels. Fold chopped strawberries into softened reduced-calorie cream cheese and spread between thin slices of whole wheat bread. Cut into squares and serve with tea, hot or iced.

Liven up yogurt!

Add California strawberries to your favorite yogurt. Strawberries are sweet, yet naturally low in calories

and sugar. Many dietitians consider them a “superfood” because they are an excellent source of vitamin C and are a source of folate, potassium and fiber, all critical for a healthy diet. They also help to bolster the immune system.

Putting the straw in strawberry

Kids are drawn to eye-catching packaging. Instead of serving fruit straight on a plate, why not liven things up and thread fruit on a plastic straw or skewer? Use cookie cutters to cut fun shapes in fruit — like watermelon and pineapple. Place fruit shapes on straws, alternating fresh strawberries and marshmallows for a fun snack.

Salad Marguerite

Combine halved stemmed California strawberries with cubes of part-skim mozzarella cheese and chopped fresh mint or basil.

Shake things up

A smoothie is a perfect end to a strenuous workout or warm day at the beach. For a cool, thirst-quenching treat, blend strawberries, pineapple, ginger, honey and soy beverage for a refreshing low-cal pick-me-up.

Blend fresh California strawberries with cool sparkling or regular water to make an energizing juice. No sugar added!

Need more tips for those snack attacks? Visit the California Strawberry Commission's website, www.calstrawberry.com for hundreds of snacking solutions and recipe ideas.

