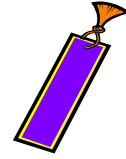


1. Print this page (don't worry if you don't have a color printer, it looks fine in black & white, too)
2. Cut out the bookmark along the dotted line
3. Fold it in half along the center
4. If you want, you can glue or tape the edges closed
5. You also may want to tape or glue the bookmark around a strip of cardboard for additional sturdiness
6. You can punch a hole in your bookmark and add a loop of yarn or ribbon for a personal touch



101 Healthy Heart SNACKS

apple ♥ carrot ♥ pear ♥ low-fat yogurt ♥ raw broccoli ♥ celery ♥ bagel with jam ♥ low-fat cottage cheese & fruit ♥ graham cracker ♥ air-popped popcorn ♥ fruit salad ♥ cantaloupe ♥ honeydew melon ♥ baked bagel chips ♥ veggie pizza w/o cheese ♥ raw vegetables & low-fat dip ♥ cucumber ♥ unsweetened applesauce ♥ raw peas ♥ low-fat vanilla soy milk ♥ dried fruit ♥ string beans ♥ fruit shakes (banana/berries/nonfat milk/ice cubes) ♥ watermelon ♥ nonfat frozen yogurt ♥ frozen fruit bars ♥ instant oatmeal & fruit topping ♥ cherry tomatoes ♥ pretzels ♥ low-fat corn chips ♥ fat-free fig bars ♥ cold cereal with nonfat milk ♥ pizza sauce on whole-grain English muffin ♥ low-fat peanut butter & baked crackers ♥ skim milk & sliced peaches ♥ jicama ♥ cooked plantain ♥ hummus & toasted pita chips ♥ banana ♥ turkey sandwich/no mayo ♥ orange ♥ sliced bananas & nonfat yogurt ♥ canned crushed pineapple ♥ 1/2 grapefruit ♥ baked sweet potato strips ♥ apple butter on toast

♥ dry roasted cashews (1 oz.) ♥ black or green tea ♥ natural peanut butter on celery ♥ low-fat mozzarella string cheese ♥ gingersnaps ♥ tomato stuffed with brown rice ♥ baked potato chips ♥ fat-free cookies ♥ plums ♥ frozen grapes ♥ dried strawberries ♥ unsweetened apple juice ♥ grape juice ♥ bell pepper strips ♥ cold salmon ♥ pasta & vegetables with oil & vinegar ♥ celery stuffed with nonfat bean dip ♥ blueberries ♥ chicken salad sandwich/nonfat mayo ♥ grapefruit juice ♥ dried apple rings ♥ raisins ♥ rice cakes ♥ cheddar popcorn cakes ♥ yogurt & fresh berries ♥ dried apricots ♥ peeled baby carrots & salsa ♥ toasted pita wedges & low-fat cheese ♥ tangerine ♥ pineapple juice ♥ natural fruit juice & seltzer ♥ vanilla wafers ♥ low-sodium vegetable juice ♥ English muffin with fruit spread ♥ low-fat crackers & low-fat cheese ♥ whole grain breadsticks ♥ trail mix (in moderation) ♥ animal crackers ♥ baked tortilla chips & salsa ♥ ice milk ♥ fruit smoothie (nonfat yogurt/fruit/skim milk) ♥ rice cake & light cream cheese ♥ blackberries ♥ melon balls ♥ green salad/low-fat dressing ♥ baked potato with low-fat cottage cheese ♥ tortilla with low-fat cheese melted on top ♥ squash slices ♥ raspberries ♥ carrot-raisin salad ♥ pineapple chunks ♥ gelatin & fruit ♥ fruit canned in own juice ♥ 1/2 pita with turkey/lettuce/tomato ♥ instant pudding made with nonfat milk ♥ fruit juice pops