

do the dip

Dipping is great for the one-handed eater, and it can also be an easy way for you to meet your daily quotas of protein, vegetables, fruits, and whole grains. Here are some smart, very healthy dipping combinations to try (they're also perfect on party platters for impromptu guests):

Dip: Organic peanut butter (it doesn't have the trans fats that the regular stuff does) mixed with raisins

Dippers: Baby carrots and Stacy's all-natural pita chips

Dip: Hummus or refried black beans (Amy's Organics makes a good one)

Dippers: Red and yellow bell pepper strips and a whole-wheat pita, cut into wedges

Dip: Low-fat cottage cheese

Dippers: Broccoli and cauliflower florets, dried apricots, and whole-grain crackers

Dip: Newman's Own pineapple salsa mixed with prepared guacamole

Dippers: Cocktail shrimp and baked tortilla chips

Dip: Rondelé or Alouette spreadable cheese

Dippers: Asparagus spears, celery sticks, and honey wheat pretzel sticks

Dip: Nonfat vanilla yogurt, sprinkled with cinnamon

Dippers: Strawberries, apple slices, and mini rice or soy cakes

Dip: Low-fat or nonfat frozen vanilla yogurt

Dippers: Dried dates, cut in half

drink your food

Cut empty calories by skipping soda and high-sugar juices. Boost your nutrition between meals instead with these portable favorites:

Stonyfield Farm Yogurt Smoothies The regular versions have 3 grams of fat, and the light versions are nonfat.

R.W. Knudsen All-Natural and Organic Fruit and Vegetable Juices The Very Veggie juice is a tasty way to drink your vegetables—a 6-ounce glass is equal to one serving of vegetables.

Zone Perfect All-Natural Nutrition Shake These drinks provide a great balance of protein, carbohydrate, and fats. We really like the Mixed Berry flavor.

Ensure Healthy Mom Shake Made just for pregnant and nursing moms.

Horizon Reduced-Fat Milk in Chocolate or Vanilla (in single-serve boxes)

Milk doesn't have to be boring—drink the flavored kind!

Organic Edensoy Milk We

love these high-protein, 8-ounce drink boxes...the vanilla flavor can't be beat.

Simple fruit smoothie Learn how to make our delicious smoothie at Babytalk.com.



GRAB AND GO

There are lots of packaged snacks (candy bars, energy bars, chips, etc.) that you could toss into your diaper bag, but they're not all created equal. Here's the stuff that's actually good for you but still tastes great:

SNACK BARS

Bellybars by NutraBella High in folic acid for pregnant and nursing moms.

Luna Bars by Clif Bar Designed just for women, so they're high in protein, calcium, fiber, and folic acid.

Pria Complete Nutrition Bars As much calcium as a glass of milk!

Nature Valley Crunchy Granola Bars These bars are high in fiber and have complex carbs for energy.

YOGURT (skip the spoon!)

Stonyfield Farm Squeezers Yummy, organic, and squeezable.

Horizon Yogurt Tubes Ditto.

FINGER FOODS

Hard-boiled eggs If you're watching your cholesterol, you can pop out the yolk and eat the egg white.

Kraft Natural Cheese Sticks All the nutritional value of cheese, in individually wrapped portions. A step above standard processed cheese slices.

Blue Diamond Whole Natural Almonds (in resealable 6-ounce cans) These have no sodium and 6 grams of protein per serving.

Sun-Maid Mixed Dried Fruits Just a quarter cup is a whole serving of fruit. ●

