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27 ways to snack smarter

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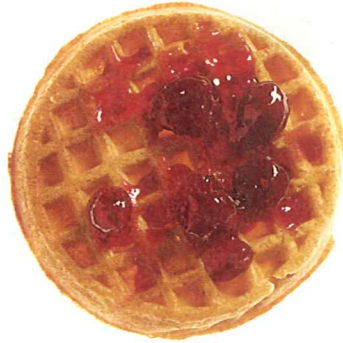
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18 Nutritious (and Tasty) Snacks

Each of these offerings adheres to the experts' guidelines, containing fewer than 200 calories and including a smart and satisfying mix of protein, healthy fats, and energizing carbohydrates.



Small handful of Sahale's Spicy Soledad Almonds (sold at supermarkets)



Van's All-Natural Multigrain Waffle with fruit preserves (or honey or fresh berries)



One-inch cube of hard cheese (like aged Gouda), plus four to six dried apricot halves



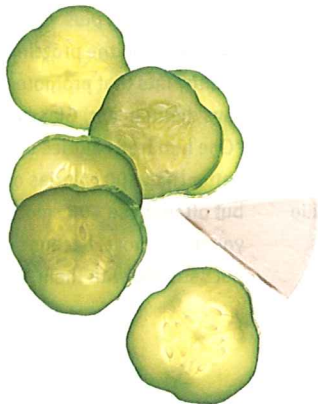
One cup of mixed cereal (like bran flakes, Wheat Chex, and Health Valley Organic Oat Bran Flakes)



Endive leaves filled with part-skim ricotta



Small bowl of pureed tomato soup with a dollop of low-fat sour cream



Sliced cucumbers and one or two wedges of Laughing Cow Light Swiss Original Cheese



Energy bar containing at least four grams of protein (like Larabar Cherry Pie)



Three cups of air-popped popcorn sprinkled with dark chocolate shavings