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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Frugal and Nutritious Summer Snacks

By Cyndi Roberts

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Lately, there has been a lot in the news concerning obesity in America. And not just in adults—our children are over-weight, also.

It's not surprising, considering the advertising dollars that are spent each year aimed at persuading children that potato chips, candy bars and other "junk food" are good for them.

While we may not be able to change the world, we can change what is available to our children in our own homes.

Here are a few healthy alternatives to those fat and sugar laden "store-bought" snacks.

Please note that snacks and foods containing honey are not suitable for those children under 2 years of age.

>Peanut Butter Balls

1/2 cup peanut butter
1/2 cup honey
1 cup toasted wheat germ
1 tablespoons powdered milk

Mix ingredients well, shape into balls.
Roll in coconut if desired.
Store in refrigerator.

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>Popcorn is a great snack food. It is a good source of fiber and low in calories—until you add toppings. Don't add salt, but try sprinkling grated Parmesan or American cheese on top.

Zipper top bags of popcorn are handy for taking along on picnics and other outings.

>Honey "Cracker Jacks"

6 tablespoons honey

1/4 cup butter or margarine

6 cups popped popcorn

1 cup peanuts

Melt honey and butter in microwave until melted and blended. Let cool. Mix peanuts and popcorn; pour honey mixture over and stir till coated. Spread in single layer in shallow baking pan.

Bake at 350 degrees for 5–10 minutes. Stir several times during baking. Watch closely so it doesn't burn.

Store in airtight container.

>Apricot Nectar

Soak 1/2 cup dried apricots in 2 cups of pineapple juice for about 1 hour. Process in blender till smooth.

>Fruity Soda Drink

Combine equal amounts of carbonated water with fruit juice. Sweeten with honey, if desired.

>Banana Smoothie

1 1/4 cups milk

1 banana

1/2 teaspoon vanilla

Process in blender till smooth. This is a good way to use up bananas.

With summer coming up, frozen snacks will be on our grocery

lists. Why not try these alternatives?

>Homemade Frozen Pops

1 6-oz. can frozen juice concentrate, softened
try orange, grape, or fruit punch
1 juice can water
2 containers of plain yogurt
popsicle sticks and cups

Process in blender. Pour into cups and insert sticks. Freeze.

Small paper cups work pretty well as molds for these recipes.

>Make Your Own Pudding Pops

1 small pkg. instant pudding mix—any flavor
1 3/4 cup lowfat milk

Mix as directed on package. Once again, pour into molds and add sticks. Freeze.

These ideas should help feed those hungry kids on these warm spring and summer days!

Could it be a mistake that "STRESSED" is "DESSERTS" spelled backwards?

Cyndi Roberts' website, "1 Frugal Friend 2 Another" will show you ways to save money everyday. Receive a free course on saving money at the supermarket! To learn more, visit <http://www.cynroberts.com>

Obesity In Children

By Zachary Thompson

Obesity is a condition that can shorten your life and can seriously affect you mentally and physically. It often has its roots in childhood. Obesity in children is growing at a frighteningly fast rate. There are more obese children now than ever before. Parents are letting their carelessness with their own diets spill over into their children's lives.

Frugal and Nutritious Summer Snacks

Here are a few points to think about when trying to prevent obesity and health problems for your children.

Small children are normally energetic and often require snacks in-between meals. It is most important to choose healthy snacks for your children.

Alternative snacks can include:

Vegetable snacks like carrot sticks and celery boats are a good and fun alternative to chips and "junk food" snacks.

Fruit can be substituted for candies and sugar snacks.

Soda and sugar snacks like candy produce hyperactivity in many young children and will sow the seeds for problems later in life. It also leads to dental problems and the beginnings of obesity. It is good to keep these foods in check and use alternatives if possible. Sugar is a known addictive food in that the more you eat the more you want to eat. This can quickly escalate into a serious eating problem and can lead to obesity as the body stores excess sugar as fat.

Breakfast cereals are perhaps the biggest problems in children's diets. Everyone is in a hurry in the morning and it is easy to reach for the cereal packet for a quick family breakfast. However be careful of these presweetened cereals as they give unnecessary large amounts of sugar to your child's system laying the grounds for sugar addiction. Now there are many alternatives to presweetened cereals. There are many good tasting "healthy" cereals providing added fiber and less if any sugar. These are good for your children as they will provide them with a much more nutritious breakfast and not just fill them up with sugar and excess carbohydrates.

Fast food habits also begin when children are quite small. This is reinforced by extensive TV advertising and propaganda for these foods. It is almost inbred in us to eat hamburgers chips and other fast food. Children have an inborn liking for these foods and can easily become quite addicted to them. It is wise to try to keep these foods in limit, as they are not the healthiest foods to eat, especially for children who are growing and need nutritious foods to develop properly.

Good eating habits begin when children are very young. It can start from the time they first start to eat. It is very important to a child's health to start good eating habits at a young age. It is possible to lay the foundations of good and healthy eating habits when children are still quite small. It is just a question of educating ourselves and passing on good habits to our children. When you do this you reduce the possibility of obesity in your children and all the mental and physical risks involved.

Zach Thompson is a Glyconutrients Consultant. His clients range from pro athletes and actresses, to cancer patients and children with Learning Disabilities. To learn if glyconutrients can help you, visit



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