

Healthy snacking tips for busy moms

Posted: 10/13/2010

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Face it. It is fun to eat! Busy moms are doing a million things at once, but eating is one of the most important.

It doesn't have to be difficult to incorporate healthy snacking into your day, according to certified healthy lifestyle expert Beth Aldrich.

Aldrich shares several tips with busy moms in her book, *Real Moms Love to Eat*, which is a food journey that encompasses all eating styles.

Aldrich shared a few tips to make the most out of eating:

- 1. Keep snacks with you at all times. Stash them in your purse, car, etc. Healthy snacks will be at your fingertips, and you won't make poor choices.
- 2. Avoid Trans fats at all costs - They're bad for you! Try Pirate's Booty for a healthy substitute.
- 3. Boost calcium, which is especially important for women (Adora calcium supplements and Organic Valley String Cheese are good options).
- 4. Don't fear fat. Fat is ok, just look for healthy fats (Justin's Nut Butter).
- 5. Look for foods that are nutrient-rich and full of antioxidants (Eden Wild Berry Mix).
- 6. Advocate for whole grains (Marys Gone Crackers).

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