

Better Bites: All-Natural Afternoon Snacks Are Just As Appetizing

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Despite the heaps of cookies and cheeses that dominated the Fancy Food Show at the D.C. convention center last week, attendees couldn't avoid a healthy dose of "all-natural" labels, whole grains and lowered calorie counts. Even normally naughty noshes boasted better-for-you ingredients. (Best find: Rigoni di Asiago's Nocciolata, basically an organic version of Nutella.) Here's some stuff you'll feel especially good about tossing in that shopping cart.

Slims Chance

It's not a cracker. It's not a cookie. It's a Slim, an invention out of Canada that promises a sweet crunch and just 100 calories per package. Available in banana, cocoa (which is vegan) and omega (cranberry-orange with pumpkin, flax and sunflower seeds), the crispy snack is a no-brainer for lunchboxes. Not currently available for purchase locally. More info at www.Trumpsfood.com.

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