

Get Better Care From Your Child's Doc

HEALTHY KIDS  
HAPPY FAMILIES

# Parents

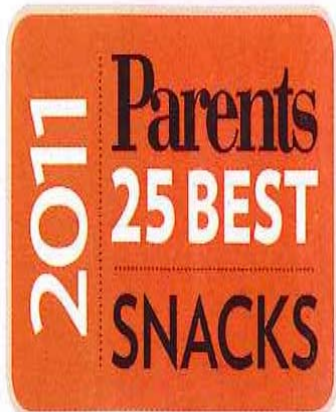
## All-Star Snacks

Our staffers' kids, their friends, and an entire preschool have been nibbling their way through the newest and most nutritious supermarket munchies. We asked these 200 helpers, ages 11 months to 11 years, to tell us whether the snacks tasted good and polled parents on which were convenient and easy to eat on the go. We tested only packaged products—pretzels, whole-grain crackers, yogurts, and even some savory options like dumplings—that got the green light from four nutrition experts who are parents themselves. They looked over the ingredients and amount of calories, fat, sugar, salt, and vitamins to make sure all our choices were healthy.

**WIN!**

these munchies and a Wii for your kid. Go to [parents.com/winsnacks](http://parents.com/winsnacks) for entry details. See rules, page 163.

From the 50 snacks the kids tried, they chose 20 as their absolute faves. Moms picked another five snacks they wanted to keep all to themselves. In addition, our experts told us which classic between-meal bites have long been in their own kitchen. Let the munching begin!



## Fruits & Veggies

You don't have to beg your kid to try these convenient products. Even picky eaters dove in with gusto.



### Funky Monkey Applemon

40 cal, 0 fat per pack

Although these mini bags of freeze-dried fruit pieces aren't sweetened, kids treated them like candy.

Reports one mom: "My picky 3-year-old polished off the entire bag in less than five minutes." (funkymonkeysnacks.com)