

Script Body:

Who doesn't love snacks? If you're craving something sweet or salty, we've got your back... and your belly.

Your target should be 100 to 150 calories. Try fruit like an apple or a banana. Or vegetables like 12 baby carrots or a cup of cherry or grape tomatoes.

(GRAPHIC) SOME FOODS INCLUDED HERE ARE NOT INTENDED FOR SMALL CHILDREN, THEY MAY CAUSE CHOKING.

If you want something that doesn't FEEL healthy, you can substitute some of your old standby snacks too. Try 3 cups of air-popped popcorn. If you love chips and dip, try 8 baked tortilla chips with salsa, or 2 cups of veggies with 2 tablespoons of low-fat dressing.

If you're craving sweets, try a cup of grapes or blueberries, or a half cup of fat free or low-fat pudding or frozen yogurt.

Most healthy diets allow for one or two snacks a day, so take advantage!