Real Fruit Snacks

No processed fruit product can compare to real fruit. However, some 100% fruit products are still nutritious. Here’s how to find the healthy options.

**Good choices:** Unsweetened canned fruit and fruit puree (e.g., apple sauce): Buy large size containers rather than individual servings and make your own combinations. Check the ingredient list: Words ending in “OSE” are a form of sugar.

**Good choices:** Fruit bars, fruit clusters, fruit leather roll ups, and dried fruit bites: These snacks can be a good source of energy for active kids! Look for items with the shortest possible ingredient list and check for sugar and fibre. Remember that the packaging of these products creates unnecessary waste.

**Poorer choices:** Fruit flavoured snacks (jujube type): These may be fun but they’re not nutritious. They mainly contain sugar and have no vitamins or fibre.

**Crunchy Dried Fruit Snack**

**Ingredients**
- 750 mL (3 cups) of Shreddies or Cheerios type cereal or a blend of both
- 500 mL (2 cups) plain popcorn
- 250 mL (1 cup) mini-pretzels
- 125 mL (½ cup) assorted dried fruit: Raisins, dates, cranberries, apple, etc.
- 45 mL (3 tablespoons) non-hydrogenated margarine
- 15 mL (1 tablespoon) Worcestershire sauce
- 5 mL (1 teaspoon) assorted seasoning: Seasoned salt; garlic, onion or celery powder; paprika

**PREPARATION**
- Mix the first four ingredients in a large microwavable bowl.
- Melt the margarine, add the seasonings, and mix well.
- Drizzle the margarine mixture over the cereal mix; stir to coat.
- Microwave on HIGH for two or three minutes or until the cereal is crispy; stir after two minutes.