



raisins in disguise

# Tide 'em over till...

You've got designs on a healthy dinner, but the kids say they're *staaaarving*. What to give them:

**1 LEADER OF THE PACK**  
The classic cracker pack now comes in a whole-grain version, so you can feel better about throwing them to a group of ravenous kids. **Lance Whole Grain Real Cheddar Cheese Crackers**; \$2.99 for eight

**2 QUICK FIX**  
This classic candy, surprisingly, has about one third the fat of other chocolate—and even in the 65-calorie fun size, they're still a treat. **Raisinetts**; \$2.99 for 18 mini-pouches

**3 BUN-DLE OF JOY**  
These crisps actually capture the flavor of fresh-baked cinnamon buns. They're a cool 100 cal, but they feel much naughtier. **Sensible Portions Cheating With Chocolate in Cinna-Swirl**; \$2.99 for five packs

**4 WHAT A SQUARE**  
Crunchy almond squares are brushed with just a bit of sweetness. It's a munchie that's chock-full of good fats and protein. **Mrs. May's Almond Crunch**; \$1.69

**5 POP PSYCHOLOGY**  
Yes, they are chips. But with 100 calories and three grams of fat, none of it saturated, it's hard to have qualms with these potato sensations. **pop-chips Barbeque Potato**; \$1.29

**6 WRAP STAR**  
These wee pockets are a perfect after-practice size. They take the frozen burrito—which could be about as highbrow as a Hannah Montana video—to a new level. **Evol Mini Burritos in Chicken + Black Bean**; \$1.59

a low-fat, low-cal chip they'll actually eat

roasted corn and tomato salsa inside!