Betwen today’s tightly wound work and personal schedules, our lives are more hectic than ever. With busy families on the go, it’s difficult to get the nutrition you need every day for good health. So how do we keep our bodies strong? Smart snacking.

Mothers of yesteryear warned that snacking would ruin the appetite. Today’s mom knows that snacks quite often replace an entire meal. Snacking has become a way of life for many and by making healthful choices snacks can provide the body with needed nutrients and the fuel necessary to keep us moving. Smart snacking actually plays a critical role in meeting daily nutritional needs.

Of course, choosing the wrong snacks—those filled with fat and sugar and refined grains—can only lead to weight gain and health problems. But eating good-for-you foods throughout the day can keep metabolism burning bright and actually aid a weight loss plan.

When you’re hitting the road, grab a healthful snack like popcorn. Popcorn is a whole grain and can go anywhere you do. Naturally low in fat and calories, popcorn costs pennies per serving making it kind on your wallet and waistline.

The following recipes from the Popcorn Board combine popcorn, nuts and dried fruit for a delicious and satisfying taste. For more recipes visit www.popcorn.org.

**Nutty ‘n’ Natural Popcorn**

*Yield: 3 quarts*

**Ingredients**
- 2 tablespoons sunflower seed kernels
- 2 tablespoons almonds, finely ground
- 2 tablespoons walnuts or hazelnuts, finely ground
- 2 tablespoons wheat germ
- 4-6 tablespoons melted margarine or butter
- 1 6-ounce package (1 2/3 cups) chopped dried fruits and raisins
- 2 1/2 quarts popped popcorn

**Directions**
- Finely grind sunflower kernels and nuts in a food processor or blender.
- Pour melted margarine over popcorn.
- Sprinkle with ground nuts and wheat germ; toss to mix.
- Stir in dried fruits.

**Popcorn Trail Mix**

*Yield: 5 cups*

**Ingredients**
- 8 oz. raisins
- 6 oz. diced, dried fruit (apricots, apples, etc.)
- 1 quart popped popcorn (air popped)

**Directions**
- Set freshly popped popcorn in large bowl.
- Add diced fruit and raisins.
- Toss popcorn and fruit until combined thoroughly.