

Parenting

EARLY YEARS

make
a baby
laugh!

ear infections
easing the buck

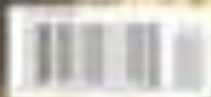
preschool
bullies?!

yup—here's how
to handle 'em

6 (free)
games
for stinky-day fun

Can you
heat up your
love life tonight

Healthy
treats
your
kids will
love



parenting
The home of parenting & babytalk

your | snacks

decadent *and* good for you!

funky monkey

Dried banana is covered in dark chocolate, a "superfood" packed with antioxidants. (Koppel Organic Fair Trade Dark Chocolate Covered Bananas, \$3.99)

fig out

These smart bites are filled with fiber-rich fig and chocolate, a brilliant combo. (Figamigo Bites, \$1.49)

berry chill

Frozen yogurt with a strawberry filling and granola? That's a win-win-win! (Blue Bunny Aspen Bar, \$4.29 per box of eight)

twice the yum

Six of the same old popcorn fix? This chocolate-covered kettle corn mixed with the original stuff is addictively good but fiber-filled and low-fat. (Black & White Kettle Corn, \$2.99, lesserevil.com)

attune

choc it up

This chocolate bar is full of probiotics, the belly-friendly bacteria in yogurt. In fact, it's got five times the amount. (Probiotic Wellness Bars in Dark Chocolate, \$1.39, attunefoods.com)

problem solba-ed

These salty munchies pack a whopping 400 mg of heart-healthy omega-3's per serving, more even than flaxseed. (Solba Smart Organic Yellow Corn Tortilla Chips, \$3.99)

islands in mind

No added sugar in this dried fruit—just apples, pineapples, mangoes, and bananas. One bag equals half a cup of fresh fruit. (Sensible Foods Tropical Blend, \$1.89)

top this!

One fudgy muffin top has seven grams of fiber, 40 percent of what you need daily. (VitaTops, \$5.24 per box of four, vitalicious.com)