



STALL STREET JOURNAL

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[A WEEKLY DOSE OF KNOWLEDGE]

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Indulge
Your
Sweet Tooth

Looking to get away from packaged, sugary snacks when your sweet tooth calls? Here are some healthy ideas that will satisfy your cravings!

- *Sliced melon:* Cut up, keep cool, and enjoy anytime.
- *Smoothie:* Blend bananas, strawberries, and any type of milk for a surprisingly sweet smoothie. Add yogurt to make it more filling.
- *Dried fruits:* These offer intense sweetness plus tons of vitamins, minerals, and fiber.
- *Chocolate yogurt:* Mix unsweetened cocoa powder into a cup of plain or vanilla yogurt. Add a touch of sweetener or some berries to satiate that chocolate craving.
- *Frozen banana with nuts:* Slice a banana, roll it in honey, sprinkle with nuts, and freeze. Voilà! Salty, sweet, and satisfying.

IN THIS MONTH'S ISSUE OF **STUDENT HEALTH 101:**

Impress Your Interviewer
Tips for Tackling Tough Questions



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