

WELL-BEING  
& HEALTH

FEEL  
GROOVY

JULY 07

## ASK A GROOVY GAL

TFG EDITOR-IN-CHIEF JILLIAN SWARTZ ANSWERS YOUR QUESTIONS  
JUST FOR THE *HEALTH* OF IT

Can you recommend any healthy snacks for long and short summer car trips?—*Molly, Watertown, MA*



Well, there are the usual suspects: Goldfish, raisins, carrots for older children, cereal (low sugar, all-natural, natch!); but for a balanced snack, I love the Puffets by Peas of Mind (\$16 for a box of 20, [www.peasofmind.com](http://www.peasofmind.com)). These hand-held, cake-looking treats are actually well-balanced meals made with organic fruits, vegetables and grains. Made for children over one year of age, Puffets currently come in four flavors: Eat Your Greens, Carrot Risotto, Black Bean Polenta and Nanna's Bananas. They are delivered frozen, but only take two minutes in the microwave to cook to snacking or mealtime perfection—just heat and go, go, go.