

parenting

EARLY YEARS

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for babies on up

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your | snacks

sweet! just-for-you valentine treats

crunch time

The GoLean Crunchy! Chocolate Almond Bar satisfies your candy craving without the sugar crash. (Kashi, \$1.25 per bar)



have a cow

They may taste sinful, but each frozen Chocolate Truffle Bar has only 100 cal. (So go ahead, have two!) (The Skinny Cow, \$5)

happy trails

Cranberries plus dark-chocolate- and vanilla-coated almonds turn the Bar Harbor Blend trail mix into a tasty, antioxidant-packed winner. (Back to Nature, \$7)



cup o' heaven

Feel like a kid again with this portion-controlled, fat-free chocolate hit of calcium-rich pudding. (Jell-O 60 Calorie Pudding Packs, \$3)



over the moon

Protein-packed Luna minis come in three chocolate flavors, including S'mores and Caramel Nut Brownie. (Luna Minis, \$12)

java jolt

Pop a few of these bittersweet chocolate espresso beans and chasing your toddler will seem like no big deal. (MarieBelle New York Plumes et Noix, \$9; mariebelle.com)



say cheese (cake)

Five of these yummy Caramel Cheesecake Bites will set you back a mere 100 calories. Now that's worth a picture-perfect grin. (Sara Lee, \$4)

highland fling

These Shortbread Cookie Snack Packs go great with a double latte—or a glass of milk. (Walkers, \$1)