

**Your SELF Challenge**

**Snacks**  
About 150 calories

**Cottage Cheese With Cucumber**  
Combine ½ cup lowfat, reduced-sodium cottage cheese with ½ cup diced cucumber, a sprinkle of black pepper and a dash of salt, if desired. Serve with 1 whole-grain crispbread.

**Cherry, Ricotta and Cinnamon Sundae**  
Combine ½ cup part-skim ricotta with ½ cup thawed frozen cherries and a sprinkle of cinnamon.

**Pear With Creamy Peanut Dip**  
Stir 2 tsp all-natural peanut butter into ½ cup nonfat plain yogurt. Serve with half a pear, sliced.

**Crudités and Hummus**  
Dip ½ cup raw zucchini spears and ½ cup grape tomatoes in ¼ cup plain hummus.

**Banana Roll**  
Roll half a banana in 1½ tsp sliced almonds. Serve with 1 cup tea with 1 tsp honey and ¼ cup warmed skim milk.

**Treats**  
About 100 calories

Buy only two or three treats at a time to keep in your kitchen. Having too many tempting bites to choose from can help make you more likely to overindulge. Pick one option from each category to squelch any craving. Whether you want sweet, salty or sippable, we've got you covered!

**Candy and cookies**  
20 mini-marshmallows with 1 tsp mini semisweet chocolate chips  
13 Hot Tamales candies  
2 sticks of a Kit Kat bar (one regular-sized, one snack-size bar)  
10 York Peppermint Patties  
10 Fingers cookie with a cup sweetened with 1 tsp honey

...ss red or white wine  
...oz light beer

**Bites**  
...orie bag (0.62 oz)  
...ed White Cheddar  
...Flavored Popcorn  
...rench bread (2" x 3" x 1")  
...th 1 tsp butter  
...ecue potato chips

**Sweets**  
...rozen Yogurt Gelato Bar  
...h Pomegranate Sorbet  
...at vanilla ice cream,  
...s Slow Churned  
...tsp chocolate syrup  
...ced almonds  
...y Cow  
...tle Bar

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**Self**  
**Your SELF Challenge**

The March 2010 issue of *Self* magazine highlighted Girls4Sport's boy briefs in Sweet Potato/Plum in a featured section challenging women to get in shape for spring.