

But Mom, why can't we have cookies with dip?

Cookies dunked in icing are high in sugar and contain lots of unhealthy, hydrogenated (trans) fat. Try packing plain cookies such as graham wafers, gingersnaps or oatmeal cookies with fruit yogurt or milk pudding for delicious (and more nutritious!) dipping.



Visit Canada's Food Guide online at www.healthcanada.gc.ca/foodguide



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