Snacks are an important part of eating. They provide nutrients and food energy to go, grow, and learn. Following these suggestions will help you make smart snack and drink choices. Read Nutrition Facts and use the % Daily Values on product labels to guide your snack selections. Remember, the amount counts!

Our definition of a smart snack is one that contains at least 6% Daily Value of one or more vitamins, minerals, or dietary fiber, less than 10% Daily Value of Total Fat and Total Carbohydrate, and no more than 360 milligrams (mg) sodium. The following snack foods and drinks meet our Smart Snack guidelines.

How do your snack choices stack up?

The smartest Smart Snacks have the following:
- Less than 5% Daily Value* of Total Fat
- Less than 10% Daily Value* Total Carbohydrate
- 360 mg or less sodium
- 10% or more Daily Value* Dietary Fiber
- 10% or more Daily Value* of one or more: vitamin A, vitamin C, calcium, or iron.

* % Daily Values are based on a 2,000 calorie diet.

Smart Snacks have the following:
- Less than 10% Daily Value* of Total Fat and Total Carbohydrate
- 360 mg or less sodium
- 5% or more Daily Value* of one or more: fiber, vitamin A, vitamin C, thiamin, riboflavin, niacin, calcium or iron.
- % Daily Values are based on 2,000 calorie diet.

Nutrition Facts

Serving Size 85 sticks (30g)
Servings Per Container 4

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories from Fat 0</th>
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<tbody>
<tr>
<td>Calories</td>
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<tr>
<td>% Daily Value*</td>
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<tr>
<td>Total Fat</td>
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<tr>
<td>Sugars</td>
<td>3g</td>
</tr>
<tr>
<td>Protein</td>
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</tbody>
</table>

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories per gram:
- Fat 9  •  Carbohydrate 4  •  Protein 4

Ingredients: Granola (rolled whole oats, crisp rice [rice, sugar, salt, high fructose corn syrup, malt flavoring], high fructose corn syrup, brown sugar, partially hydrogenated soybean oil, rolled whole wheat), raisins, partially hydrogenated soybean oil, cottonseed, and palm kernel oil, corn syrup, high fructose corn syrup, sugar, fructose, corn syrup solids, glycerin, dextrose, natural and artificial flavors, soy lecithin, fractionated coconut oil, salt, cinnamon, niacinamide, nonfat dry milk, reduced iron, vitamin A palmitate, pyridoxine hydrochloride (vitamin B6), riboflavin (vitamin B2), calcium pantothenate, thiamin hydrochloride (vitamin B1), and folic acid.
**Smart Eating Tips**

- Limit all eating to four or five times a day.
- Space your eating. Two to three hours apart is best.
- Eat to satisfy hunger. Sometimes we eat when we are bored, lonely, or sad. Get busy instead. Read a book, play, or be physically active to prevent overeating.
- Compare! Nutrition values vary by brand.

**Important!**

**Aim for at least 5 Fruits and Vegetables a Day**

### Fresh Fruits

- 1 piece or ½ cup
- Apples
- Bananas
- Grapes
- Oranges
- Pears
- Pineapple slices/chunks
- Plums
- Strawberries

### Dry Fruits

- ¼ cup
- Apples
- Apricots
- Bananas
- Cherries
- Plums
- Raisins (about 2 tablespoons)

### Fresh Vegetables

- Broccoli florets
- Baby carrots
- Celery sticks
- Cherry tomatoes
- Grape tomatoes
- Corn on the cob
- Cucumber chips
- Sweet potato wedges
- Zucchini sticks

### Fruits Containers

*Fruits in single serving cans or in cups are handy and healthy.*

- **Del Monte** Lite Pack—diced peaches and mixed fruit
- **Dole** Fruit Gel Bowls
- **Dole** Fruit Bowls
- **Mott’s** Applesauce

*Bread and crackers made of whole wheat, rolled oats, or other whole grains are smartest. Check first ingredient on the label.*

### Bread

- Sandwich bread (1 slice)
- Pita bread (½)
- Flour tortillas (1)
- Bagels (½)
- Crackers
- **Great Value** Cheese and Bacon Baked Crisp Snacks (18 crackers)

### Use your imagination and select toppings to make plain bread, crackers, and cookies tasty treats.

**Sandwich Filling and Topping Ideas**

- Apples
- Broccoli
- Carrots
- Cheese, reduced fat: American, Cheddar, mozzarella, string parmesan cheese, grated
- Jalapeño peppers
- Lettuce
- Fat-free lunch meat
- Reduced fat mayonnaise
- Mustard
- Onion
- Pears
- Pineapple
- Peppers
- Peanut Butter
- Raisins
- Refried beans, fat free
- Reduced fat salad dressing
- Salsa
- Slaw
- Spaghetti sauce
- Spinach
- Strawberries

**Great Value** Cheese Baked Crisp Snacks (18 crackers)

**Great Value** Double Cross Baked Crisp Snacks (7 crackers)

**Great Value** Reduced Fat Wheat Baked Crisp Snacks (16 crackers)

**Great Value** Vegetable Baked Crisp Snacks (18 crackers)

**Great Value** White Cheddar Baked Crisp Snacks (18 crackers)

**Nabisco** Reduced Fat Cheese Nips (31 pieces)

**Nabisco** Reduced Fat Triscuits (7 crackers)

**Nabisco** Reduced Fat Wheat Thins (16 crackers)

**Southern Home** Snack Crackers (5 crackers)

**A Tasty Idea**

For a change of pace, add a slice of low-fat cheese or 1 or 2 tablespoons of a topping or dip to already great-tasting fruits and vegetables.

### Have on hand:

- Cottage cheese
- Low-fat cheese
- Low-fat yogurt
- Peanut butter
- Reduced fat or fat-free salad dressing

**Cookies**

- **Great Value** (12 pieces), **Kellogg’s**, and **Nabisco** Animal Crackers (24 pieces)
- **Nabisco** Fig Newtons, reduced fat and regular (2 bars)
- **Great Value**, **Kellogg’s**, **Nabisco**, and **Southern Homes** Graham Crackers, regular and low fat (2 cracker sheets)
- **Murray** Ginger Snaps (15 cookies)
- **Great Value** Oatmeal cookies (2 cookies)
- **Kellogg’s** Rice Krispies Treats Original (1 square)
- **Nabisco** Teddy Grahams (24 pieces)
- **Bud’s Best** Reduced Fat Vanilla Wafers (11 wafers)
- **Great Value** Vanilla Wafers (7 wafers)

**Brand Awareness**

Remember to read **Nutrition Facts** and compare brands. Don’t overlook store brands. They often meet the Smart Snack guidelines.
Running late? On the go? Keep individual snack packages on hand. Look for ones that contain protein and are fortified with nutrients.

**Breakfast Bars and Cereal Mix**
(1- to 1½-ounce bars)

- General Mills Chex Morning Mix
- General Mills Milk 'n Cereal Bars—Cheerios, Cocoa Puffs
- Kellogg's Special K Bar
- Kellogg's Nutri Grain Cereal Bars—all varieties
- Kellogg's Nutri Grain Twists—Apple Cobbler, Cappuccino & Cream
- Quaker Oats Fruit and Oatmeal Bars—all varieties
- General Mills Nature Valley Chewy Trail Mix Bars—Fruit and Nut Apple Cinnamon
- General Mills Nature Valley Crunchy Granola Bars—all varieties
- Keebler Journey Bars—Apple Cinnamon, Peanut Butter Fudge
- Quaker Oats Chewy Granola Bars—all varieties

**Chips, Pretzels, and Rice Cakes**
(1-ounce servings)

- Frito Lay—Baked Potato, Baked BBQ, and Baked Sour Cream & Onion Potato Crisps
- Frito Lay—Baked Cooler Ranch and Baked Nacho Cheesier Doritos
- Ruffles Baked Potato and Baked Cheddar and Sour Cream Potato Crisps
- Southern Home Mini Twist Pretzels, Fat Free (IS)
- Snyder's Pretzels and Sour Dough Pretzels
- Quaker Oats Rice Snacks, mini (7 cakes)

**Drinks**

- **Water**
  - Water—tap
  - Dasani water
  - Aquafina water
  - Fruit0
  - Fruit0 Plus
- **Milk** (8 ounces)
  - 1% or skim milk, white
  - 1% or skim milk, flavored
  - Soy milk

**Fact:**
- Drink water, flavored water (noncarbonated calorie free), 100% fruit juice, sports drinks, and milk (1% or skim).

**Fact:**
- Milk, flavored or plain, is a major source of calcium in the diet. Enjoy!

**Fruit and Vegetable Juices**
(6 to 12 ounces)

- Dole Juice Boxes—Orange, Strawberry Banana, Pine-orange Banana
- Minute Maid Juices to Go—Orange, Orange Blend, Apple, White Grapefruit
- Minute Made Juice Boxes—all varieties
- Mott's Juice—Orange, Apple
- Treetop Juice—Apple, Grape
- Dole Juice—Pineapple
- Juicy Juice—All varieties
- Tropicana Juice—Orange, Apple, Grape, Grapefruit
- Welch's Juice—Grape
- Very Fine 100% Juices—Apple, Orange, Grape, Grapefruit
  - Tomato Juice
- V8 Juice

**Sports Drinks**
(12 ounces or less)

- Gatorade
- PowerAde
- Propel

**Nuts and Seeds**

- Nuts are Smart Snacks because they are good for the heart. They are high in fat so only eat a handful (1 ounce).
- Cracker Jacks Nothing But Nuts—Original and Toffee Peanuts
- Frito Lay Honey Roasted, Hot Roasted, Salted Roasted Peanuts
- Frito Lay Regular and BBQ Sunflower Seeds, Sunflower Seed Kernels
- Frito Lay Smoke Flavored Almonds
- Lance Cashews
- Lance Honey Toasted and Salted Peanuts
- Lance Pistachios
- Lance Sunflower Seeds

**Fact:**
- The American Academy of Pediatrics recommends:
  - Children ages 1 to 6 drink no more than 4 to 6 ounces of juice per day.
  - Children ages 7 to 18 drink no more than 8 to 12 ounces of juice a day.
  - Fruit juice and soft drinks are high in sugar and can crowd out foods that are needed to grow and stay healthy.

**List additional Smart Snacks here.**

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Low-Fat Dairy Foods

Cheese
(1 slice/1 serving)
Reduced fat varieties: American, Cheddar, Monterey Jack, mozzarella, string, Swiss

Pudding
Hershey (1 tube) Portable Pudding, all flavors
Kozy Shack (4-ounce cup) No sugar added
Winky Pudding Pals (4-ounce cup) all flavors

Yogurt
Yogurt can be high in sugar. Check the Nutrition Facts on the label.
Breyers (8-ounce cup) Light Fat Free, all flavors
Breyers (4-ounce cup) Smooth and Creamy, all flavors
Colombo (8-ounce cup) Light, all flavors
Dannon (4-ounce cup) Fruit Blend and Light N Fit, all flavors
Dannon (6-ounce cup) Light Fit, all flavors
Dannon (7-ounces) Light and Fit Smoothie
Great Value (6-ounce cup) Light low fat, all flavors
Penn Maid (8-ounce cup) Light, all flavors
Winky Pudding Pals (4-ounce cup) all flavors

Frozen Yogurt (1/2 cup)