

## Suggested Snack Items for Nutrition Guidelines

The following is a list of suggested snack items (Others may be acceptable).

Please check the guidelines):

### **Pastry/Snacks (Reduced sugar and fat versions; limited to 2 oz. portion):**

- Multigrain Fruit Bars
- Granola Bars
- o Apple Crisp
- o Cinnamon
- o Honey Nut
- o Maple Brown Sugar
- o Oatmeal Raisin
- o Oats & Honey
- o Peanut Butter
- o Pecan Crunch
- o Roasted Almond
- o Vanilla Nut
- Ginger Snaps
- Lemon Snaps
- Fig Bars
- Cracker/Pretzel Mixes
- Animal-shaped Crackers
- Trail/Yogurt Mixes
- Low-Sugar Cereals
- Dried Fruit - Raisins, Cranberries, Figs, etc.
- Sunflower Seeds (Without Shells)
- Almonds
- Bear-shaped Graham Crackers
- Graham Cracker Sticks
- Reduced sugar/fat Gelatin

### **Dairy/Frozen Snacks (Reduced Sugar and Fat versions)**

- Trail/Yogurt Mixes
- Low fat, low sugar Ice Cream products (4 oz)
- Frozen Yogurt Products (4 oz.)
- Yogurt (Non-Fat, Low-Fat or Light; Varied Flavors)
- Reduced sugar and fat Pudding
- Mozzarella stringy cheese
- Reduced fat cheese slices/squares/shapes

### **Bagels/Muffins (Reduced Sugar and Fat versions; limited to 2 oz. portion):**

- Frozen Pre-packaged Bagels (2 oz.)
- o Blueberry
- o Cinnamon Raisin
- o Onion
- o Plain
- Pre-packaged Low-fat Muffins (Avail. in 1.8 oz. sizes)

- o Apple Cinnamon

- o Banana

- o Banana Nut

- o Wild Berry

- o Chocolate Chip

- Breakfast Bars (1.3 oz.)

- o Strawberry

- o Apple Cinnamon

- Breadsticks

- Sliced Pita Bread

### **Cookies (Reduced Sugar and Fat versions; limited to 1 oz. portion)**

- Oatmeal Raisin

- Chocolate Chip

- Ginger Snaps

- Reduced calorie packets (variety of flavors)

- Bear-shaped graham cookies

- Animal-shaped cookies

### **Chips & Pretzels (Limited to 1.25 oz. portion)**

- Baked Chips, variety of flavors

- Fat-Free Pretzels

- o Multi-grain

- o Butter Sesame

- o Garlic

- o Honey Wheat

- o Sourdough

- Fat-Free Pretzel Twists

- Mini-Pretzels

- Reduced Fat Cheese Puffs

- Reduced Fat Cheese Popcorn

- Pre-packaged pretzel sticks w/ cheese dip

### **Crackers (Reduced Fat; limited to 1.5 oz.)**

- Pre-packaged Cracker/Peanut Butter Sandwiches

- Pre-packaged Cracker/Cheese Sandwiches

- Fish-shaped Crackers

### **Fresh Fruit (Examples)**

- Apples

- Oranges

- Bananas

- Melons (Cantaloupe, Watermelon, etc.)

- Pears

- Peaches

- Grapes (caution: choking hazard)

- Low fat, low sugar fruit dips

### **Fresh Vegetables (Examples)**

- Celery Sticks

- Baby Carrots

- Sliced colored bell peppers

- Broccoli florets

- Edamame (Green Soybeans in a Pod)

- Fat free, reduced fat veggie dips or dressings

### **Canned Fruit (in light syrup or natural juices)**

#### **Beverages (Limited to 20 oz. size)**

- ANY 100% Fruit Juice

- o Apple

- o Cranberry

- o Grape

- o Orange

- o Pineapple Peach Mango

- o Ruby Red Grapefruit

- o Strawberry Kiwi

- o Orange Mango

- Water (No size limit)

- o Plain Bottled Spring Water

- o Flavored Waters: Citrus, Grape, Wild Berry, etc.

- Milk (ALL Skim/Fat-free, Low-fat, 1% or 2% versions; No size limit)

- o Plain

- o Flavored (reduced fat and sugar)

#### **Please Note:**

**1 ounce = 28 grams**

**Nuts and Seeds:** Nuts and seeds are exempt from the fat guidelines, as they tend to be high in monosaturated fat, which can help lower "bad" LDL cholesterol and maintain "good" HDL cholesterol.

**Fruit:** Fruit in any form (fresh, canned, dried) is not restricted regarding portion size, because it provides vitamins, minerals, anti-oxidants and dietary fiber beneficial to an overall balanced diet.