



Healthy Snacks Suggestions

Like it or not, snacking is a part of today's busy lifestyles. USD 417 school foodservice works hard to provide nutritious lunches and breakfasts for our kids. Shouldn't the snacks we provide in classrooms be just as healthy? Below are some healthy snack ideas that are lower in sugar and fat.

Grains

- Mini bagel (2 oz) and reduced-fat cream cheese
- Kellogg's Nutri Grain Cereal, Granola, & Yogurt Bars
- Nature Valley Chewy Trail Mix Bars
- Nature Valley Crunchy Granola Bars
- Quaker Oats Chewy Granola Bars
- Animal Crackers
- Fig Newtons
- Graham Crackers (regular and low fat)
- Rice Krispy Treats (original)
- Baked Chips & Sun Chips
- Pretzels
- Tricuits & Multi-Grain Wheat Thins (low fat preferable)
- Quaker Oats Quakes Rice Snacks
- Popcorn (light and fat free)

Protein & Dairy

- Nuts (all varieties)
- Planters and Nature Valley Trail Mix
- Smuckers Uncrustables (peanut butter & jelly sandwich)
- Cheese (reduced fat, light, or fat free)
- Puddings (fat free and regular)
- Dannon D'animals Drinkable Yogurt
- Yogurt (low fat, light or non-fat)
- Yoplait Go-Gurts
- 1% or non-fat milk (plain or flavored)

Fruit & Vegetables

- Dole or Del Monte fruit cups in juice or light syrup
- Raisins and unsweetened dried fruit
- Fresh fruit & veggies
- Juices that are 50 to 100% real fruit juice, with no added sugars (limit to 4 oz)

Notes:

- √ Nutrition Criteria for snacks: less than 30% of total calories come from fat, less than 35% added sugar by weight.
- √ This list is not meant to be all-inclusive. Items not found on this list do not mean they don't meet recommendations. Generic brands are often of equal nutritional value.
- √ Packaging size makes a difference. Select small portion sizes and avoid large sizes that contain more than a "single" serving.
- √ Remember it may take 5 or 10 tastes of a new food before it is accepted! Keep offering!
- √ List compiled by Lindsborg Community Hospital Dietary Department, USD 400 Foodservice, and resources from the California Center for Public Advocacy.