

# Healthy Snack Tips



## BEST "EVERYDAY" FOODS

These foods should be your first choice. They provide lots of nutrients for our bodies. All fruits and vegetables in their raw, natural state are best "everyday" foods.

**Whole Fruit** apples, bananas, grapes, oranges, pears, berries, kiwi

**Chopped Fruit** melon, pineapple, mango, papaya

**Raw Vegetables** cherry tomatoes, baby carrots, sliced peppers, cucumbers, celery

**Water** plain, seltzer



## GOOD "EVERYDAY" FOODS

These foods can be healthy, but the amount of fat, sugar, and sodium varies amongst brands. Read the Nutrition Facts label along with the ingredients list to find the best product. Look on the back of this sheet to find out certain ingredients to avoid.

**Nuts, Seeds, and Nut Butters** unsalted peanuts, almonds, unsalted sunflower seeds, peanut butter

**Handmade Trail Mix** mix dried fruit, whole grain cereal, and seeds or nuts, with whole grain cereal as the main ingredient

**Low-fat Cheese** string cheese, 2% reduced fat or 50% reduced fat cheese

**Milk** 1%, fat-free, unsweetened soy milk

**Low-fat Yogurt** choose plain or flavored yogurts with little or no added sugar

**100% Whole Grain Crackers, Bread, and Cereal** try to choose unsweetened varieties

**Popcorn** no added butter or salt

**Dried Fruit** fruit with no added sugar

**Natural Applesauce** unsweetened

**Canned Fruit** packed in water or fruit juice, not syrup

**100% Juice** check the label to make sure there are no other sugars



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## FOODS TO AVOID

These foods have a lot of added sugar, salt, and fat. They do not provide nutrients or lasting energy for best performance at school. They should be consumed once a week or less.

Cookies

Candy and Gum

Chips

Chocolate

Donuts and Honey Buns

Lunchables

Soda and Quarter Waters

Gatorade, Vitamin Water and Energy Drinks

Sweetened Ice Teas

Fruit Drinks: Hawaiian Punch, Lemonade, Sunny D



## INGREDIENTS TO AVOID

These fats and sugars are commonly found in packaged snack foods. Check the ingredients list on the package to make sure they don't contain any of these.

**Oil** hydrogenated oil, partially hydrogenated soybean oil, palm oil, mono and diglycerides

**Sugars** high fructose corn syrup, corn syrup, dextrose, glucose, maltose, malt syrup, molasses, corn sweetener, sucrose, cane sugar, brown sugar, fructose

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