



## Healthy Snacks

### Making the Healthy Choice the Easy Choice Snacks – 150-200 Calories or Less

#### Nutrition Philosophy During Student School Day

School meals are the main source of nutrition.

Snacks are to:

1. Supplement the meal
2. Help, not hinder, students' nutrition
3. Provide serving size and calories based on age and activity

Discretionary calories can be used under the guidance of parents at home.

\* See Appendix 6 on discretionary calories

#### A Healthy Eating Plan includes Meals and Snacks that:

- Emphasize fruit, vegetables, whole grains, and fat-free or low-fat milk products. (Plan snacks for variety: color, flavor, texture)
- Include lean poultry, fish, meats, legumes, eggs, and nuts (Combine with your whole grains and veggies for a mini meal).
- Are low in saturated fats, *trans* fats, salt (sodium), and added sugars.

Try tasty, nutrient- rich snacks to satisfy hunger between meals or after school. Combine them creatively! A key is to pay attention to portion sizes. Read the label and snack on single portions. Each of the following examples has 150-200 or fewer calories.

Amount	Fruit	Calories
1 medium	Orange	74
1 small	Banana	90
½ cup	Orange juice	54
1 cup	Whole Strawberries	46
1/2 cup	Pineapple (in own juice)	75
1 cup	Red seedless grapes	104
1/8 cup	Raisins	42

Amount	Vegetables	Calories
15	Baby carrots	54
2 cups	Assorted vegetables (1/2 cup broccoli florets/ ½ cup grape tomatoes ) with 1 tbsp. fat-free (FF) ranch dressing	40
6 oz.	Low-sodium vegetable juice	40
10 small	Celery sticks	6

Amount	Grains, Bread, Rice, Pasta	Calories
1 mini bagel	Whole wheat(ww) bagel (2 1/2" in diameter)	100
1 slice	Raisin Bread	71
4	Graham cracker squares	120
3 cups	Air-popped popcorn	90
4	Ww crackers, unsalted	72

Amount	Milk, Cheese, Yogurt	Calories
1/2 cup	Fat-free vanilla yogurt	86
4 oz.	Fat-free pudding	100
1 ounce	Part skim String Cheese	80
1 cup	Fat-free milk	91

Amount	Meat, Fish, Beans, Eggs	Calories
3 Tbsp(T)	Hummus	75
1 ounces	Turkey breast, home-cooked	53
1 large	Hardcooked egg	78
¼ cup	Black beans	50
1.5 ounces	Water-packed tuna	50

Combinations	Calories
5 celery sticks, 1 T peanut/sun butter and 1/8 cup raisins	142
1 T of light cream cheese on ½ pita and ¼ cup grape halves	131
Trail mix: ¼ cup Life cereal, ¼ cup Cheerios, ¼ cup Corn Chex and 1/8 cup raisins	152
½ cup fat-free vanilla yogurt and 1/2 cup sliced fresh strawberries (sundae)	109
1 slice ww bread with 1/2 ounce of low-fat swiss cheese and 1 ounce turkey with a slice of lettuce with 1/8 cup cranberries	200
1 T hummus on 1/2 mini bagel, 1 Tbsp seeds	120
1 ½ ounces water-packed tuna or salmon with 4 whole wheat crackers, unsalted	122
½ cup applesauce on 1 slice ww raisin bread	119
8 baked unsalted tortilla chips to dip in 2 T salsa mixed with 1/8 cup black beans	111
1 T sun butter on ½ ww English muffin	164

Source: USDA Nutrient Database for Standard Reference  
<http://www.nal.usda.gov/fnic/foodcomp>

- **Snacks to avoid include:** cake, chips, candy, gum, donuts, sweet rolls, fried items, cookies, snacks greater than 150 calories per item.
- **Beverages to avoid at school include but not limited to:** soda pop, sports drinks, fruit drinks with less than 100% fruit juice, energy drinks.
- **Be safe.** Refrigerate dairy and meat or insulate with ice.