

Recommended Snacks & Beverages

This is a revised and partial list of examples based upon the criteria developed by the Alabama Action for Healthy Kids initiative. It is very important to read labels and to consider food groups, nutrient values, serving sizes, and the number of servings in order to make healthy food choices.

FRUITS & VEGGIES

- **Fruits** – fresh, canned, dried. Fruits in single serving containers, such as Delmonte Lite Pack diced peaches and mixed fruit, Dole Fruit Bowls, and Motts applesauce.
- **Vegetables** – All types, such as baby carrots, broccoli florets, and others cut into bite size pieces.

DAIRY FOODS

- **Yogurt** – Look for yogurt made from low-fat milk and with no more than 30 grams of carbohydrate and 120 calories per serving. Examples:
 - Breyers (8 oz) Light Fat Free – all flavors
 - Dannon (4 oz) Fruit Blend and Light N Fit, Light n Fit Smoothie – all flavors
 - Dannon (6 oz) Light Fit – all flavors
 - Yoplait Go-Gurt (1 tube)
 - Yoplait (4 oz) Trix and Yumsters
- **Pudding Snacks**
 - Hunts Snack Pack Squeeze ‘n Go Pudding Tubes

In small servings, the following snacks have less than 10% of the daily value for fat, less than 30 grams of

carbohydrate, and less than 360 mg of sodium. They also have at least 6 % of the recommended daily value for fiber, calcium, iron, vitamin A or vitamin C.

Breakfast Bars & Cereal Mixes (Approx. 1 ounce)

- General Mills Chex Morning Mix
- General Mills Nature Valley Chewy Granola Bars – yogurt coated
- Kellogg’s Nutra Grain Cereal Bars or Twists
- Quaker Oats Fruit and Oatmeal Bars
- General Mills Nature Valley Chewy Trail Mix Bars – Fruit & Nut
- General Mills Nature Valley Crunchy Granola Bars

Crackers & Cookies (Approx. 1 ounce)

- Graham Crackers, regular and low-fat
- Kellogg’s, Nabisco, and Stauffer’s animal crackers
- Nabisco Fig Newtons
- Nabisco Reduced Fat Cheese Nips
- Nabisco Teddy Grahams

Chips, Pretzels (Approx. 1 ounce servings)

- Frito Lay – Baked Doritos
- Frito Lay Baked Lays Potato Crisps

- Quaker Crisp’ums Baked Crisps
- Snyder’s Pretzels – Sour Dough

NUTS & SEEDS (Approx. 1 ounce servings)

All varieties of nuts and sunflower seeds are acceptable. Although high in fat, they contain the type of fat which is beneficial.

BEVERAGES

Water, non-carbonated calorie-free flavored water, skim or 1% milk. Examples:

- Bottled Water
- Fruit 2 O, Fruit 2 O Plus
- Propel
- Low-fat yogurt beverages
- Skim or 1% milk

Juices that are 100% fruit juice (12 oz. or less serving) Examples:

- Minute Maid Juice Boxes
- Mott’s Juice – orange or apple
- Treetop Juice – apple, grape
- Dole Juices: pineapple, orange, orange strawberry, banana, pine-orange banana
- Juicy Juice
- Welch’s Grape Juice
- Very Fine 100% juices
- V8