

# EVERY DAY SMART SNACKS

## Smart Snacks for Smart Kids

Eating a healthy diet, being physically active, getting enough sleep and drinking plenty of water are all important in balancing kids' energy levels for optimal attentiveness, increased focus and better performance in school.

Making healthy eating choices is not always easy, but stocking your kitchen and pantry with healthy snacks is the first step to good health. Real food with an emphasis on fruits and vegetables, whole grains, lean proteins and low-fat dairy products are the healthiest options. Overly processed foods are often packed with sugar, salt and fat without providing the concentrated nutrition kids need. Most children do not eat enough fruits and vegetables, so snack time is perfect time for providing convenient, easy to eat fruits and vegetables. Fruits and vegetables are a nutritious substitute for high-calorie snack foods such as chips and cookies.

Balancing the need for providing nutritious food with the time constraints of a busy life often makes it hard for parents to always provide the healthiest snacks on a daily basis. There are healthier options among processed foods that are convenient and meet the Smart Snack guidelines.

### Fruits and Vegetables

**Fresh Fruit**, whole or sliced (in the deli section)

**Dried Fruit** (Raisins, cherries, raisins, apricots, peaches, apple, etc.)

**Fruit Leather**

- Stretch Island Fruit Co.
- Wild Harvest Fruit Twists and Fruit Strips

**Applesauce**

- Motts Unsweetened Applesauce
- GoGo Squeeze Applesauce

- Essential Everyday Unsweetened Applesauce Pouches

**Canned Fruit**

- Dole Cherry Mixed Fruit (100% fruit juice)
- DelMonte Fruit and Veggie Fusions

**Fresh Vegetables**, whole or sliced (in the deli section)

- Snack pack of baby carrots
- Packaged, ready-to-eat fresh vegetables

### Grains

**Whole Grain Crackers**

- Triscuit Original (whole wheat)
- Teddy Grahams (whole grain, serving size ~30 pieces)
- Wheat Thins 100% Whole Grain Kashi, Fire-roasted Veggie or Lemon Chickpea
- Special K Parmesan Sesame
- Essential Everyday Woven Wheats

**Granola**

- Udi's Granola
- Bake to Nature Granola

**Breakfast/Granola Bars**

- Essential Everyday Chewy Peanut Butter Chocolate Chip, Chocolate Chunk Granola Bars
- Fiber One, Oat and Chocolate Granola Bar
- Kashi Trail Mix Chewy Granola Bar
- Kind Granola Bars (all flavors)
- Nature Valley Chunky Oat and Honey Granola Bar
- Nature Valley Fruit and Nut Granola Bar
- Nutrigrain Soft-baked Bars
- Quaker Chewy Chocolate Chip, and Oatmeal Raisin Granola Bars

\* Brands were observed at the Bloomington Cub Foods in August 2017.

\*\*This is not an exhaustive list and nutrient content of products can change.

Inclusion on this list does not serve as an endorsement by the Bloomington Health Department of the products or retail outlet.



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## Dairy/Protein

### Yogurt

- Aactiva cups
- Chobani Low-Fat Greek Yogurt cups
- Danimals Squeezables
- Danimals Smoothies
- Essential Everyday Blended, Low-fat Yogurt cups
- GoGo Squeeze Yogurtz
- GoGurt
- Stonyfield YoKids Squeezes

### Cheese

- Sargentos low-fat string cheese, Colby Jack reduced fat cheese
- Essential low-moisture part-skim mozzarella string cheese

### Lean Protein

- Nut butters
- Hard boiled eggs
- Nuts, roasted (serving size ~ 1/4 cup)
- Planters Nut Pack Salted, and Honey Roasted

Other brand-name products may fit the Smart Snack guidelines as well.\*\* Always check product labels with the nutrition guidelines listed below. If two products meet the guidelines, choose the product with the shortest ingredient list.

## Nutrition Guidelines

Products should be evaluated based on the serving size on the nutrition label.

### Product must:

- Have a whole grain, fruit, vegetable, dairy product, OR protein food as the first ingredient  
OR
- Be a combination food (like trail mix) that contains at least 1/4 cup fruit and/or vegetable

### All items must meet these standards for calories, fat, sugar, and sodium:

Calories: 200 or less

Total Fat: Less than 35% of calories

Saturated Fat: Less than 10% of calories

Trans Fat: Label reads 0 g

Added Sugar: Less than 35% of item weight

Sodium: 200 mg or less per serving

**Be sure to keep in mind students who may have allergies in your child's classroom.  
Check with the classroom teacher for any foods to avoid.**

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