

# Snack Check / Healthy Snacks Your Child Can Bring to School!

## Fruits & Vegetables

- ✓ Any whole fruit  
Try: Apple, orange, pear, banana
- ✓ Canned fruit, in its own juice (1/2 cup)  
Try brands like Dole, Del Monte, Motts
- ✓ Dried fruit 1/4 cup  
Try: raisins, apricots, mango, & papaya
- ✓ Chopped vegetables (at least 1/2 cup)  
Try: Peppers, carrots, cherry tomatoes, cucumber rounds
- ✓ Salsa (1/2 cup)
- ✓ Guacamole (2 Tbsp)



- ✓ Whole wheat/grain breads and bagels (1 slice bread, 1 mini bagel)
- ✓ Whole wheat tortilla (1 tortilla)  
Try brands like: Joseph's
- ✓ Whole grain cereal (1 cup)  
Try brands like: Cheerios, Kashi, Raisin Bran, Multigrain Chex
- ✓ Pretzels (20 tiny twists)
- ✓ Granola bars (1 each)  
Try brands without chocolate & frosting like: Nature Valley & Kashi
- ✓ Corn Chips (8-12 chips)  
Try brands like: Snyder's, Garden of Eatin' Blue organic chips, & Green Mountain Gringo
- ✓ Whole grain Gold Fish (55 pieces)



**\*Check with your child's teacher to see if any children have food allergies prior to bringing in any snack.**

## Dairy Products

- ✓ Low fat (or part-skim) sliced, cubed, or string cheese  
(1 oz = 1 slice, 1 string tube)  
Try brands like: Laughing Cow, Alpine Lace, and Cabot's
- ✓ Low fat yogurt (1 cup or tube)
- ✓ Low fat cottage cheese (1/2 cup)



**If your child has food allergies please talk to your doctor about snack choices**

## Whole Grains

- ✓ Whole grain crackers  
Try brands like: Kashi TLC (16 crackers), Triscuits & Woven Wheats (store brand) (6 crackers)
- ✓ Rice cakes (1-2)
- ✓ Light Popcorn (2-3 cups)  
Try brands like: Jolly Time Low fat or Boston Light popcorn



## Protein Foods

- ✓ Hummus & other bean spreads (2 Tbsp)  
Can be found in refrigerated case near deli
- ✓ Low salt nuts & seeds (1/4 cup)
- ✓ Trail mix- Add nuts, seeds, dried fruit together (1/3 cup)
- ✓ Nut butters, peanut, almond, soy (2 Tbsp)  
Try brands like: Teddy or Trader Joes natural peanut butter
- ✓ Hard boiled egg (1 each)

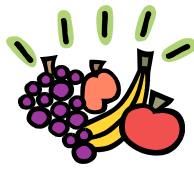
**Note: Make portion sizes smaller To fit your younger child's needs!**

**Remember food safety! Add a small frozen gel pack or frozen drink to keep snacks from spoiling.**

## Check Out These Tips to Maximize Your Child's Health ✓

- ✓ **5-2-1** (5 servings of **fruits and vegetables** per day. 2 hours or **less of screen time** per day. 1 hour of **physical activity** per day.
- ✓ A healthy diet is made up of **low fat and no trans-fats, whole grains, low-fat dairy products, and lean (chicken, fish, turkey, lentils, kidney beans, chick peas) proteins.**
- ✓ Trans-fat is **not good** for our heart and is **not part** of a healthy diet. Check trans-fat on the food label, it should be **0 grams** per serving.

Nutrition Facts	
Serving Size 6 Crackers (28g)	
Servings Per Container About 10	
Amount Per Serving	
<b>Calories 120</b>	Calories from Fat 40
% Daily Value*	
<b>Total Fat 4.5g</b>	<b>7%</b>
Saturated Fat 0.5g	<b>4%</b>
<b>Trans Fat 0g</b>	
Polyunsaturated Fat 2.5g	
Monounsaturated Fat 1g	
<b>Cholesterol 0mg</b>	<b>0%</b>



- ✓ If a food item is whole grain, the first ingredient on the food label should read whole grain or whole wheat flour! (**Not enriched wheat flour**) Look for these stamps on food packages to help you check for a true whole grain item!



**If your child is not given water in the classroom, please send water for use with snack time and during the day. Water is better than juice!**

## Send 2 Food Groups Together & Make a Healthier Snack ✓ +

- ✓ Combine fruit with peanut butter, cottage cheese, cheese, & crackers
- ✓ Dip vegetables in hummus, salsa, guacamole, & peanut butter
- ✓ Combine cheese with whole grain crackers/breads.
- ✓ Combine dried fruit with whole grain cereal
- ✓ Combine nuts/seeds with chopped vegetables
- ✓ Combine trail mix with a piece of fruit

### Promote excellent learning in the classroom!

Please do **NOT** send **UNHEALTHY** snacks like soda, candy, chips, Cheese Doodles, buttered popcorn, Ritz crackers, pre-packaged peanut butter crackers, donuts, cakes, & cookies.



Cambridge Public Health Department  
School Health Program  
January 2008