



Healthy Snacks

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

Nutrition Philosophy during students' 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/activity
4. Be consumed infrequently

A healthy eating plan:

- Emphasizes fruits, vegetables, whole grains, and fat-free or low-fat milk products. (Combine them in your snacks for interesting variety!)
- Includes lean meats, poultry, fish, beans, eggs, and nuts. (Add these to your whole grains and vegies for a mini meal.)
- Is low in saturated fats, *trans* fats, cholesterol, salt (sodium), and added sugars.

Try these tasty and easy snacks to satisfy your hunger between meals. They fit right into a healthy eating plan. Each has 150-200 or fewer calories. The key is to pay attention to portion sizes. Read the label and snack on single portions.

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
1 cup	Assorted vegetables, such as 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	71

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	86
1 cup	Fat-free milk	91

1 ounce	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	139
1 T. 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 cup sliced fresh strawberries (sundae)	132
1 slice WW bread with 1/2 ounce low-fat swiss cheese and 1 ounce turkey with a slice of green lettuce with 1/8 cup cranberries	200
2 T. hummus on 1/2 mini bagel, 1T.nuts/seeds	110
1 ½ ounces water-packed tuna or salmon with 4 whole wheat crackers, unsalted	121
½ cup applesauce on 1 slice raisin bread	121
8 baked unsalted tortilla chips to dip in 2 T. salsa mixed with 1/8 cup black beans	148
1 T. sun butter on ½ WW English muffin	166

Source: USDA Nutrient Database for Standard Reference

- **Snacks not allowed include:** cake, cookies, chips, candy, gum, donuts, sweet rolls, fried items, elementary snacks greater than 150 calories per item.
- **Beverages not allowed 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 them with ice.



Amount	Meat, Fish, Beans, Eggs	Calories
3 tbsp (T.)	Hummus	69