

## HEALTHY SCHOOL SNACKS

### River Ridge School District

#### The Guidelines:

School snacks must conform to the USDA guidelines, which include calorie limits, sugar caps, and nutrient requirements. *We encourage everyone to follow these guidelines for food items sold or provided at River Ridge Schools.*

- **Calorie Limits:** All snacks (including any add-ons like butter, cream cheese or dips) must have no more than 200 calories per serving.
- **Fat Ceilings:** Fat must make up no more than 35% of the total calorie count (no more than 35 calories of fat per 100 calories), with saturated fat content at less than 10% and trans fat content at 0.
- **Sugar Caps:** Only 35% (or less) of the weight in any snack food may come from sugar.
- **Nutrient Requirements:** In order to meet the USDA's guidelines, snacks must be either rich in whole grains, contain at least a quarter cup of fruit and/or vegetables, have a fruit, vegetable, protein food, or dairy product as the first ingredient, or contain 10% or more of the percent daily value of potassium, dietary fiber, vitamin D, or calcium.

#### Food for Thought

*"If we could give every individual the right amount of nourishment and exercise, not too little and not too much, we would have found the safest way to health." -Hippocrates c. 460-377 B.C.*

#### Health Snack Inspirations

- Fill **pita** pockets with veggies and a little nonfat Italian dressing for a fun snack.
- Prepared **veggie** and **fruit trays** with low-fat dips are speedy, fuss-free options.
- **Veggies** including baby carrots, green or red pepper strips, pea pods, broccoli
- **Fruits** including apples, orange wedges, kiwi, plums, tangerines, grapes, bananas and pears
- **Frozen grapes** are great for hot days.
- **Fruits**, fresh, canned, or dried (such as boxed raisins)
- **Fruit cups** and **individual fruit serving cans** packed in juice
- Apple sauce cups
- Single-serving, sugar-free **pudding cups**.
- **Dairy products** such as: string cheese, cheese cubes, yogurt
- Light, low-fat **yogurt** comes in cups and squeeze tubes. As long as it meets the sugar requirements.
- Whole grain **cereals** like shredded wheat, oatmeal "O's", and Chex without added sugar.
- **Brown rice cakes** --kids can top them with nut butter and fruit
- **100% fruit juice, milk, water plain or flavored**
- **Graham crackers, regular and low fat**
- **Kellogg's Rice Krispies Treats Original**
- **Nabisco Fig Newtons**
- **Nabisco Teddy Grahams**
- **Baked tortilla chips**
- **Baked potato chips at 120 calories and 3 grams of fat.**
- **Baked whole grain pita chips**
- **Popcorn (plain)**

**Trail Mix** -add 3 or more of the following items: Chex cereal, Cheerios, pretzels, popcorn, raisins, nuts, honey-nut oat cereal, dried fruits, Teddy grahams, peanuts.