

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.