

Whatcha Goin' To Do Have A Snack or Attack?



HEALTH PROMOTION & COMMUNICATIONS
 DIVISION OF JEFFERSON COUNTY DEPARTMENT OF HEALTH
 205-930-1387 • www.jcdh.org

One or two Smart Snacks a day, in addition to three well-balanced meals provide nutrients and food energy to go, grow, and learn. The following suggestions, will help you make smart snack and drink choices. Check **Nutrition Facts** and use the **% Daily Values (DV)** on the label to guide your snack selection. **Remember, amount counts!**

**AMOUNT COUNTS!
 LOOK AT THE
 SERVING SIZE**

Nutrition Facts

Serving Size 1/2 cup (114g)
 Servings Per Container 4

Amount Per Serving		% Daily Value*	
Calories 90	Calories from Fat 30		
Total Fat 3g			5%
Saturated Fat 0g			0%
Cholesterol 0mg			0%
Sodium 300mg			13%
Total Carbohydrate 13g			4%
Dietary Fiber 3g			12%
Sugars 3g			
Protein 3g			
Vitamin A 80%	Vitamin C 60%		
Calcium 4%	Iron 4%		

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Sat Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Fiber		25g	30g

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Fiber		25g	30g

Calories per gram:
 Fat 9 • Carbohydrates 4 • Protein 4

Ingredients: rolled whole oats, crisp rice [rice, sugar, salt, high fructose corn syrup, malt flavoring], high fructose corn syrup, brown sugar, rolled whole wheat, raisins, cottonseed oil, corn syrup, high fructose corn syrup, sugar, fructose, corn syrup solids, glycerin, dextrose, natural and artificial flavor, soy lecithin, salt, cinnamon, niacinamide, nonfat dry milk, reduced iron, vitamin A palmitate, pyridoxine hydrochloride (vitamin B6), riboflavin (vitamin B2), calcium pantothenate, thiamin hydrochloride (vitamin B1), and folic acid.

Trade and brand names used in this publication are given for information purposes only. No guarantee, endorsement, or discrimination among comparable brands is intended or implied.



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JEFFERSON COUNTY DEPARTMENT OF HEALTH, HEALTH PROMOTION & COMMUNICATIONS, IN COOPERATION WITH ALABAMA DEPARTMENT OF PUBLIC HEALTH & PHYSICAL ACTIVITY UNIT, ALABAMA COOPERATIVE EXTENSION SYSTEM/JEFFERSON COUNTY OFFICE, CHILDREN'S CENTER FOR WEIGHT MANAGEMENT OF CHILDREN'S HEALTH SYSTEM/UAB, ALABAMA ACTION FOR HEALTHY KIDS TEAM

Stamp Goes Here

How do YOUR snacks stack up?

Smart Snacks have:

- Less than 10% Daily Value (DV)* of Total Carbohydrate
- Less than 10% Daily Value (DV)* of Total Fat (5% or less is healthiest)
- 360 mg Sodium or less
- 5% Daily Value (DV)* or more (10% is healthiest) of at least one: fiber, vitamin A, vitamin C, thiamin, riboflavin, niacin, calcium, or iron

* % Daily Values are based on 2,000 calorie diet

Smart Snack Tips!

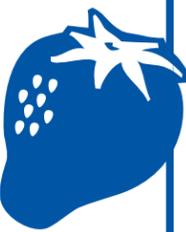
IMPORTANT! Aim for
 ★ 5 Fruits & Vegetables A Day!
 ★ 3 Dairy (low fat milk, cheese and yogurt) A Day!

() = number in one serving

FRESH FRUITS

1 piece or 1/2 cup

- Apples
- Bananas
- Grapes
- Oranges
- Peaches
- Pears
- Pineapple slices or chunks
- Plums
- Strawberries



FRESH VEGGIES

- Broccoli
- Baby carrots
- Celery
- Tomatoes
- Corn on the cob
- Cucumber
- Lettuce
- Sweet potato
- Zucchini



A TASTY IDEA!

For a change of pace, add a slice of low fat cheese or one or two tablespoons of a topping or dip to already great tasting fruits and vegetables.

Have on hand: low fat or reduced fat cottage cheese, cheese, salad dressing, and yogurt

FRUIT CONTAINERS

FRUITS IN SINGLE SERVING CANS/CUPS ARE HANDY AND HEALTHY!

DRY FRUITS

1/4 cup

Any dried fruit will do! Just watch the amount. C'raisins® and raisins should be kept at about 2 tablespoons.

- DelMonte® Lite Pack Diced peaches and Mixed fruit
- Dole® Fruit Gel Bowls
- Dole® Fruit Bowls
- Mott's® Applesauce

BREAD & CRACKERS

made of whole wheat, rolled oats, or other whole grains are smart. Check first ingredients on the label.

BREAD

- Sandwich Bread (1 slice)
- Pita bread (1/2)
- Flour tortillas (1)
- Bagels (1/2)

CRACKERS

- Great Value™: Cheese & Bacon Baked Crisp Snack (18)
- 3 Cheese Baked Crisp Snacks (18)
- Double Cross Baked Crisp Snacks (7)
- Reduced fat Wheat Baked Crisp Snacks (16)

- Vegetable Baked Crisp Snacks (18)
- White Cheddar Baked Crisp Snacks (18)
- Nabisco®: Reduced Fat Cheese Nips® (31)
- Reduced fat Wheat Thins® (16)

- Southern Home® Snack Crackers (5)



Use your imagination and select toppings to make plain bread, crackers, and cookies tasty treats.

SANDWICH FILLING AND TOPPING IDEAS

- Try sliced apples and pears with peanut butter or cheese
- Or fat free lunch meat with reduced fat mayo, mustard, and veggies like peppers, onions, lettuce, or spinach
- Try new combinations, like salsa with carrot sticks or celery

CHIPS PRETZELS AND RICE CAKES

1 ounce servings

- Frito Lay®- Baked Lays® and WOW Chips®: plain, BBQ, Sour Cream and Onion

- Frito Lay®- Baked and WOW Doritos®: Cooler Ranch, Nacho Cheesier

- Frito Lay®- Baked and WOW Ruffles®: Original, Cheddar & Sour Cream

- Southern Home® Mini Twist Pretzels, Fat Free (15)

- Snyder's® Pretzels and Sour Dough Pretzels

- Quaker Oats® Rice Snacks, mini (7)

Running late? On the go? Keep individual snack packages on hand. Look for ones that contain protein and are fortified with vitamins & minerals.

NUTS AND SEEDS

Nuts are Smart Snacks because they are good for the heart & for controlling blood sugar. They are high in fat, so only eat a handful (1 ounce).

- Peanuts
- Almonds
- Cashews
- Pistachios
- Sunflower Seeds

Nothing But Nuts- Original & Toffee Peanuts

Frito Lay® & Lance® offer 1-ounce packs to keep your selection healthy!



COOKIES! Great Value™ Animal Crackers (12), Kellogg's® & Nabisco® (24) Animal Crackers Nabisco® Fig Newtons, reduced fat & regular (2) Great Value™, Kellogg's®, Nabisco® and Southern Home® Graham Crackers, regular & low fat (2 cracker sheets) Murray® Ginger Snaps (15) • Great Value® Oatmeal cookies (2) • Kellogg's® Rice Krispies Treats® Original (1 sq.) Nabisco® Teddy Grahams® (24) • Bud's Best® Reduced Fat Vanilla Wafers (11) • Great Value™ Vanilla Wafers (7)

Breakfast Bars & Cereal Mix

1 to 1 1/2 ounce bars

- General Mills® Chex Morning Mix®

- General Mills® Milk 'n Cereal Bars: Cheerios®, Cocoa Puffs®

- Kellogg's® Special K® Bar

- Kellogg's® Nutri Grain®

- Cereal Bars: all varieties

- Kellogg's® Nutri Grain Twists™

- Apple Cobbler, Cappuccino & Cream

- Quaker Oats® Fruit & Oatmeal Bars: all varieties

- General Mills® Nature Valley®

- Chewy Trail Mix Bars: Fruit and Nut

- Apple Cinnamon

- General Mills® Nature Valley®

- Crunchy Granola Bars: all varieties

- Keebler® Journey Bars®: Apple Cinnamon, Peanut Butter Fudge

- Quaker Oats® Chewy Granola Bars all varieties

LOW FAT DAIRY FOODS

YOGURT

Light or Fat Free 8 ounces or less

- Breyers®, Colombo®, Dannon®, Great Value™, Publix, Southern Home®, Winn-Dixie

- Yoplait® (4 oz) Custard style, Yumsters®, Trix® all flavors

Yogurt can be high in sugar. Check the Nutrition Facts on the label.

CHEESE

1 slice=1 serving

- Reduced fat varieties: American, Cheddar, Monterey Jack, Mozzarella, String, or Swiss

PUDDING

- Hershey™ (1 tube) Portable Pudding: vanilla only

- Kozy Shack® (4 oz cup) No sugar added

- Winky Pudding Pals® (4oz cup) all flavors

Brand Awareness

...Remember to read Nutrition Facts & compare brands. Don't overlook store brands - often they are Smart Snacks.

Drink water, flavored water (non-carbonated calorie free), 100% fruit juices, sports drinks, and milk (1% or skim).

Water tap water • Aquafina® Dasani™ • Fruit₂O™ • Fruit₂O™ Plus

(12oz or less) **Sports Drinks** Gatorade® • PowerAde™ • Propel®

Diet Sodas

Milk (8 oz) Soy milk 1% or skim milk, white or flavored

100% Fruit and Vegetable Juices

Fact: Because fruit juice is high in natural sugar the American Academy of Pediatrics recommends: children ages 1 to 6 drink no more than four to six ounces per day. Children ages 7 to 18 drink no more than eight to twelve ounces a day.

Thirsty?