

What Do You Do When You Have A Snack Attack?

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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

Smart Snacks!

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

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

Nutrition Facts

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

Amount Per Serving	
Calories 90	Calories from Fat 30
% Daily Value*	
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

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.

Smart Snack Tips!

FRESH FRUITS

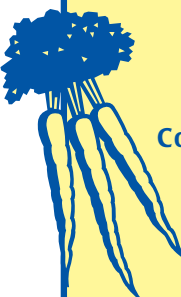
1 piece or 1/2 cup

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



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.

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!

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

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

() = number in one serving

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?