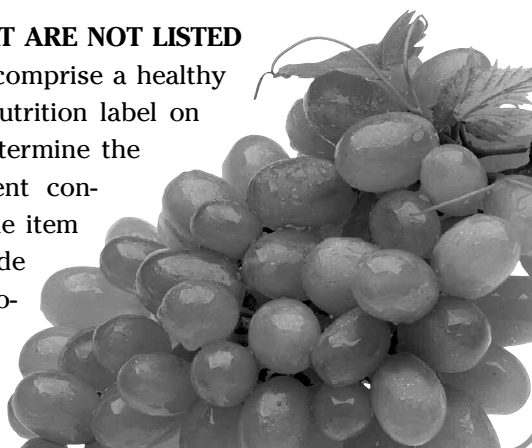


# Healthy Snacks List

- Barbara's Bakery Multigrain Triple Berry Cereal Bars
- Chattanooga Bakery MoonPies
- Cliff Bars, Chocolate Chip Peanut Crunch, Chocolate Almond Fudge, Cookies and Crème and Chocolate Brownie
- Dakota Gourmet Products Cool Ranch Toasted Corn
- Dakota Gourmet Products S'More Mix
- Famous Amos Oatmeal Raisin Cookies
- Famous Amos Lowfat Iced Gingersnaps
- Fig Newtons
- Frito Lay Baked Doritos and Lays
- Frito Lay Rold Gold Honey Mustard Pretzels
- Frito Lay Ruffles Wow!
- Gatorade Gatorade Bar Chocolate and Peanut Butter Crunch
- General Mills Chex Mix
- General Mills Nature Valley Granola Bars—Oats 'n Honey
- General Mills Pop Secret 94% Fat Free Butter Popcorn
- Genisoy Soy Crisps
- Guiltless Gourmet Corn Chips
- Kashi GoLEAN Bars—Chocolate Peanut Bliss
- Keebler Crackers Wheatables Reduced Fat
- Keebler Journey Multi-Grain Cereal Bar Caramel
- Kellogg's Cereal Bar Apricot
- Kellogg's Nutri-Grain Cereal Bars (ALL FLAVORS)
- Kellogg's Special K Bars—Blueberry, Strawberry
- Kettle Valley Fruit Bars
- Kraft Tickle's Snack Mix
- MJM All-Sports Bites and Bear Grahams
- Nabisco 100 Calorie Pack Honey Maid Cinnamon Thin Crisps
- Nabisco 100 Calorie Pack Kraft Chip Nips Thin Crisps
- Nabisco Snackwells Sugar Free Oatmeal Cookie
- Newman's Own Pretzel Sticks
- Newman's Own Salted Rounds Pretzels
- Pepperidge Farm Pretzel Goldfish®
- Pita Snax Pita Chips
- Power Bar Double Chocolate and Harvest Peanut Butter Chocolate Chip
- Proctor & Gamble Pringles—Fat Free
- Quaker Chewy Granola Bar
- Quaker Fruit & Oatmeal Bars—Apple Crisp and Strawberry (Lower Sugar)
- Quaker Graham Cereal Bars
- Quaker Harvest Crunchy Bars—Mixed Berry
- Quaker Rice Cakes
- Quaker Crispums
- Snyder's Mini Pretzels
- Snyder's Sourdough Nibblers
- Stacy's Pita Chips
- Stacy's Soy Thin Crisps
- Tennessee Chips Baked Nacho Seasoned Corn Chips and Yellow Corn
- Tumaró's Gourmet Snacks Organic Krispy Crunchy Puffs
- Utz Pretzels
- Pine Creek Pack Bing Cherries
- Mariani dried fruit
- Dole Canned Fruit
- Pine Creek Pack Apple Chips
- Just Tomatoes, etc. Just Fruit Munchies
- Stretch Island Fruit Leather
- Sunsweet dried fruit

## SOME ITEMS THAT ARE NOT LISTED

ABOVE may also comprise a healthy snack. Read the nutrition label on the package to determine the calorie and nutrient content. In general, the item should not provide more than 200 calories per serving.



# Healthy Beverages List

- All skim milks
- All 1% milks
- Bolthouse Farms Valencia Orange Juice
- Bolthouse Farms Passion Fruit Apple Carrot Juice
- Bolthouse Farms Veggie Vegetable Juice Blend
- Dole Chilled 100% Juices - All Varieties
- Dole Frozen 100% Juices
- Dr. Smoothie 100% Strawberry Smoothie
- Edensoy Rice Milk
- Edensoy Soy Milk: Chocolate and Vanilla
- Florida's Natural 100% Juice 10oz serving- All Flavors
- Fresh Samantha Carrot Orange Juice
- Fresh Samantha Desperately Seeking C
- Fresh Samantha Fruit Smoothies
- Fresh Samantha Mango Mama
- Fresh Samantha Raspberry Dream
- Minute Maid 100% Juices
- Mott's Juice
- Nantucket Nectars 100% Grape Juice
- Ocean Spray 100% Juice
- Odwalla 100% Fruit Juice
- Silk Soy Milk: Chocolate and Vanilla
- Tree Top 100% Apple Juice
- Tropical Paradise Inc 100% Juice Slush (All flavors)
- Tropicana Seasons Best 100% Juices
- V8 100% Vegetable Juice
- Veryfine 100% Fruit Juice
- Vita-Fresh 100% Fruit Juices- All Varieties
- Welch's 100% Juice
- Apple & Eve Waterfruits- ALL FLAVORS
- Aquafina Sparkling— ALL FLAVORS
- Aquafina Flavor Splash— ALL FLAVORS
- Glaceau VitaminWater
- Pepsico H2Oh! Sparkling Water—ALL FLAVORS
- Propel Propel Fitness Water— ALL FLAVORS
- RWI Riptide Flavored Water
- RWI Riptide Sparkling
- Shasta Clear Fruit Lite— ALL FLAVORS
- Vitasoy Soy Milk: Chocolate and Vanilla



**OTHER BEVERAGES THAT ARE NOT LISTED ABOVE** may also be considered as a healthy choice. Read the nutrition label to determine the calorie and nutrient content of the beverage. The following guidelines may be used in determining whether a beverage is a healthy option:

- Water, any size
- Low-fat or skim milk, flavored or plain; 8 oz.
- 50–100% juice with no added sweeteners; 8 oz.
- 100% vegetable juice; 8 oz.