

Let's Go! Packaged Snack List for School Nutrition Programs and Wellness Policy Teams

Are you trying to decide which packaged snacks should be sold a la carte, in school stores or in vending machines? How do you know which ones to choose? The following list of packaged snacks meets strict nutritional criteria as set forth by the USDA's HealthierUS School Challenge (HUSC). This list is not exhaustive; other foods can be assessed using the HUSC competitive food calculator found here: <http://healthymeals.nal.usda.gov/hsmrs/HUSC/calculator.html>.

For more details about the HealthierUS School Challenge, please visit <http://www.fns.usda.gov/tn/healthierus/index.html>.

For more information on Let's Go!, visit www.letsgo.org.

Each item meets the following criteria:

Total fat ≤ 35% of calories per serving, excludes nuts, seeds, nut butters, reduced fat cheese

Trans fat ≤ 0.5 grams per serving (trans fat free)

Saturated fat < 10% of calories per serving, excludes reduced fat cheese

Sugar ≤ 35% by weight of total sugars, excludes fruits, vegetables, milk

Sodium ≤ 480 mg per serving

Calories ≤ 200 calories

Snack	Manufacturer	Size	Snack	Manufacturer	Size
•Bunny Grahams (Chocolate Chip)	Annie's Homegrown	1 oz (28g)	•Snack Pack Fat Free Pudding (Vanilla)	ConAgra	3.5 oz (99g)
•Bunny Grahams (Honey)	Annie's Homegrown	1 oz (28g)	•Snack Pack Fat Free Pudding (Chocolate)	ConAgra	3.5 oz (99g)
•Power Snacks Raisins	Azar Nut Co.	1 oz (28.35g)	•Sunflower (Honey Roasted)	Dakota Gourmet	1 oz (28.4g)
•Animal Snackers	Basil's Bavarian Bakery	1 oz (28g)	•Sunflower (Lightly Salted)	Dakota Gourmet	1 oz (28.4g)
•Raisins	Boghosian	1.5 oz (42g)	•Skinny Cow (Low Fat Fudge Bar)	Dreyer's	74g
•YoCrunch Yogurt (Oreo Cookies n' Cream)	Breyers	6oz (170g)	•Baked Cheetos	Frito-Lay	7/8 oz (24.8g)
•YoCrunch Yogurt (Raspberry)	Breyers	6 oz (170g)	•Baked Lay's (Barbecue)	Frito-Lay	7/8 oz (24.8g)
•YoCrunch Yogurt (Strawberry)	Breyers	7 oz (170g)	•Baked Lay's (Barbecue)	Frito-Lay	1 1/18 oz (31.8g)
•Yogurt (Strawberry)	Chobani	6 oz	•Baked Lay's (Sour Cream & Onion)	Frito-Lay	1 1/8 oz (31.8g)
•Yogurt (Blueberry)	Chobani	6 oz	•Baked Lay's (Sour Cream & Onion)	Frito-Lay	1 3/8 oz (38.9g)
•Yogurt (Peach)	Chobani	6 oz	•Baked Lay's (Southwestern Ranch)	Frito-Lay	1 oz (28.3g)
•ZBAR (Chocolate Chip)	CLIF	1.27 oz (36g)	•Baked Ruffles	Frito-Lay	1 1/8 oz (31.8g)
•ZBAR (Chocolate Brownie)	CLIF	1.27 oz (36g)	•Baked Ruffles (Cheddar & Sour Cream)	Frito-Lay	1 1/8 oz. (31.8g)
•Minute Maid Juice Bar (Grape)	Coca-Cola	2.25 fl oz (66.54g)	•Doritos (Spicy Sweet Chili Reduced Fat)	Frito-Lay	1 oz (28.3g)

Continued on next page...

Snack	Manufacturer	Size	Snack	Manufacturer	Size
•Baked Lay's Doritos	Frito-Lay	3/4 oz (21.2g)	•Team Cheerios Cereal Bar (Strawberry)	General Mills	1.3 oz (37g)
•Lay's Baked Doritos (Nacho Cheese)	Frito-Lay	1 3/8 oz (38.9g)	•Total Cereal (Bowl)	General Mills	13/16 oz (23g)
•Baked Lay's Potato Chips	Frito-Lay	1 1/8 oz (31.8g)	•Trix (Bowl)	General Mills	3/4 oz (21g)
•Lay's Potato Chips (Original Fat Free)	Frito-Lay	1 oz (28.3g)	•Trix (Reduced Sugar) (Bowl)	General Mills	3/4 oz (21g)
•Rold Gold Tiny Twists Pretzels	Frito-Lay	1 oz (28.3 g)	•Trix Cereal Bar	General Mills	1.3 oz (37g)
•Rold Gold Tiny Twists Pretzels	Frito-Lay	.5 oz (14.1g)	•Soy Crisp (Apple Cinnamon)	Glenn Foods	1.3 oz (37g)
•Cheerios (Bowl)	General Mills	1 1/16 oz (19g)	•Mega Fudge-O Bar	Hershey	4 fl oz (35g)
•Cheerios (Honey Nut, Bowl)	General Mills	1 oz (28g)	•Sherbert (Raspberry)	Hershey	4 fl oz (95.77g)
•Cinnamon Toast Crunch (Reduced Sugar)	General Mills	1 oz (28g)	•Fudge Bar	Hood	(91g)
•Cinnamon Toast Crunch Cereal (Bowl)	General Mills	1 oz (28g)	•Ice Cream Cup (Orange Ice)	Hood	(86g)
•Cocoa Puffs Cereal	General Mills	7/8 oz (24g)	•Ice Cream Cup (Orange Sherbet)	Hood	(90g)
•Cocoa Puffs Cereal (Reduced Sugar) (Bowl)	General Mills	7/8 oz (24g)	•Ice Cream Cup (Raspberry Nonfat Frozen Yogurt)	Hood	(73g)
•Fruit By The Foot (Color By the Foot Triple Fruit Punch)	General Mills	.75 oz (21g)	•Ice Cream Cup (Raspberry Sherbet)	Hood	(90g)
•Golden Grahams Cereal (bowl)	General Mills	1 oz (28g)	•Crisp Rice Cereal (bowl)	Hospitality	3/4 oz (21g)
•Kix Berry Berry (Bowl)	General Mills	7/8 oz(24g)	•Luigi's Real Italian Ice (Lemon)	J&J Snack Foods	4 fl oz (118mL)
•Kix Cereal (Bowl)	General Mills	5/8 oz (17g)	•Luigi's Real Italian Ice (Strawberry)	J&J Snack Foods	4 fl oz (118mL)
•Nature Valley Crunchy Granola Bar (Oats 'N Honey)	General Mills	1.5 oz (42g)	•Heart to Heart (Box)	Kashi	1.4 oz (40g)
•Nature Valley Granola Bar (Oats 'n Honey)	General Mills	1.5 oz (42g)	•TLC Bar (Cherry Dark Chocolate)	Kashi	1.2 oz (35g)
•Nature Valley Granola Bar (Apple Crisp)	General Mills	1.5 oz (42.g)	•TLC Fruit & Grain (Dark Chocolate Coconut)	Kashi	1.1 oz
•Nature Valley Granola Bar (Apple Crisp)	General Mills	1.5 oz (42.g)	•Apple Jacks (Reduced Sugar)	Kellogg	.7 oz (20g)
			•Austin Zoo Animal Crackers	Kellogg	1 oz (28g)

Continued on next page...

Snack	Manufacturer	Size	Snack	Manufacturer	Size
•Cheez-it Baked Snack Crackers (Reduced Fat)	Kellogg	1.5 oz (42g)	•Special K Bar (Honey Nut)	Kellogg	.77 oz (22g)
•Corn Flakes (Box)	Kellogg	.81 oz (23g)	•Cream Bar (Orange)	Kemps	3 fl. oz (66g)
•Froot Loops (Reduced Sugar)	Kellogg	.67 oz (19g)	•Nonfat Frozen Yogurt (Chocolate)	Kemps	4 fl oz (113.4g)
•Frosted Flakes (Reduced Sugar)	Kellogg	1 oz (28g)	•Crispy Rice (Bowl)	Malt-O-Meal	.63 oz (17.7g)
•Frosted Mini-Wheats	Kellogg	1 oz (28g)	•Toasty O's	Malt-O-Meal	11/16 oz (19.5g)
•Frosted Mini-Wheats (Box)	Kellogg	1.31 oz (37g)	•Cheese Nips (100 Calorie Packs)	Nabisco	.74 oz (21 g)
•Frosted Mini-Wheats Little Bites (Chocolate)	Kellogg	1 oz (28g)	•Chips Ahoy Thin Crisps (100 Calorie Pack)	Nabisco	.81 oz (23g)
•Keebler Scooby-Doo! Graham Cracker Sticks (Cinnamon)	Kellogg	1 oz (28g)	•Honey Maid Grahams (Cinnamon Sticks)	Nabisco	1 oz (28g)
•Nutri-Grain Cereal Bar (Apple Cinnamon)	Kellogg	1.3 oz (37g)	•Newton's Fruit Crisp (Mixed Berry)	Nabisco	1 oz (28g)
•Nutri-Grain Cereal Bar (Blueberry)	Kellogg	1.3 oz (37g)	•Oreo Thin Crisps (100 calorie pack)	Nabisco	.81 oz (23g)
•NutriGrain Cereal Bar (Raspberry)	Kellogg	1.3 oz (37g)	•Wheat Thins Toasted Chips Minis (100 Calorie Pack)	Nabisco	.77 oz (22g)
•Nutri-Grain Cereal Bar (Strawberry)	Kellogg	1.31 oz (37g)	•EnviroKidz Crispy Rice (Peanut ChocoDrizzle)	Nature's Path Foods	1 oz (28g)
•Nutri-Grain Cereal Bar (Yogurt Strawberry)	Kellogg	1.3 oz (37g)	•Flintstones Push Up Sherbet Treats	Nestle	2.75 fl oz (54g)
•Pop-Tarts (Frosted Strawberry)	Kellogg	1.76 oz (50g)	•Goldfish Baked Snack Crackers (Cheddar)	Pepperidge Farm	1 oz (28g)
•Raisin Bran (Box)	Kellogg	.88 oz (25g)	•Goldfish Giant Grahams	Pepperidge Farm	.9 oz (26g)
•Rice Krispies (Box)	Kellogg	1.52 oz (43g)	•Breakfast Cookie (Oatmeal Raisin)	Quaker Oats	1.69 oz (48g)
•Rice Krispies Treats	Kellogg	1.7 oz (48g)	•Cereal Bar (Apple Crisp)	Quaker Oats	1.3 oz (37g)
•Rice Krispies Treats	Kellogg	1.3 oz (37g)	•Chewy Granola Bar (Low Fat Chocolate Chunk)	Quaker Oats	.84oz (24g)
•Special K (Box)	Kellogg	.81 oz (23g)	•Chewy Granola Bar (Oatmeal Raisin)	Quaker Oats	.84 oz (24g)

Continued on next page...

Snack	Manufacturer	Size	Snack	Manufacturer	Size
• Chewy Granola Bar (Peanut Butter Chocolate Chip)	Quaker Oats	.84 oz (24g)	• Pita Chips (Parmesan Garlic & Herb)	Stacy's	1 3/8 oz (38.9 g)
• Chewy Granola Bar (S-Mores)	Quaker Oats	.84 oz (24g)	• Pita Chips (Simply Naked)	Stacy's	1 3/8 oz (38.9 g)
• Instant Oatmeal (Original)	Quaker Oats	.98 oz (28g)	• Soy Thin Chips (Sweet BBQ)	Stacy's	1.5 oz
• Quaker Express Oatmeal (Golden Brown Sugar)	Quaker Oats	1.9 oz (54g)	• Wholes Baked Snack Crackers	Stauffer	.75 oz (21g)
• Quaker Instant Oatmeal (Cinnamon & Spice)	Quaker Oats	1.62 oz (46g)	• Low Fat Yogurt (Blueberry)	Stonyfield Farm	6 oz (170g)
• Quaker Instant Oatmeal (Maple & Brown Sugar)	Quaker Oats	1.51 oz (43g)	• Low Fat Yogurt (Strawberry)	Stonyfield Farm	6 oz (170g)
• Quaker Oatmeal Express (Cinnamon Roll)	Quaker Oats	1.9 oz (54g)	• YoKids Squeezers Organic Lowfat Yogurt (Strawberry)	Stonyfield Farm	2 oz (57g)
• Quakes Rice Snacks (Caramel Corn)	Quaker Oats	.91 oz (26g)	• Fruit in a Flash Apple Slices	Sun Rich Fresh	2 oz (57g)
• Snack Mix (Kids Mix)	Quaker Oats	7/8 oz (24.8g)	• House Recipe Instant Oatmeal (Regular)	Sysco	(56g)
• Pirate's Booty (Aged White Cheddar)	Robert's American Gourmet	1 oz (28g)	• Creamsicle (Orange 'n Cream)	Unilever	2.7 fl oz (70g)
• Cascadian Farm Chewy Granola Bar (Chocolate Chip)	Small Planet Foods	1.2 oz (35g)	• Yogurt (Raspberry)	Upstate Farms	4 oz (113g)
• Honey Wheat Sticks	Snyder's of Hanover	2.25 oz (63.8g)	• Yogurt (Strawberry/Banana)	Upstate Farms	4 oz (113g)
• Mini Pretzels	Snyder's of Hanover	1.5 oz (42.5g)	• Trix Lowfat Yogurt (Strawberry Banana Bash)	Yoplait	4 oz (113g)
• Pita Chips (Cinnamon Sugar)	Stacy's	1 3/8 oz (38.9g)	• Yoplait (Light Strawberry)	Yoplait	6 oz (170g)
			• Yoplait Light (Harvest Peach)	Yoplait	6oz (170g)

Please note: This list is not reviewed or approved by USDA; products on this list are not approved or endorsed by the USDA and all products may not meet the Gold Award of Distinction criteria.