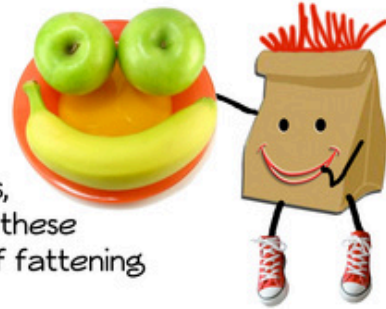


Healthy Snacking Shopping List based on the USDA food guide of nutrition



Most children need to eat more fruits, vegetables, whole grains, and low-fat dairy products. Shop for these healthy items and offer them as snacks instead of fattening candy, cookies, and sodas.

Grains

Look for the word "whole" listed as the first ingredient:

- bread, 100% whole wheat
- cereal, whole-grain, low-sugar varieties (Make a trail mix - add nuts and raisins to Cheerios or Wheat Chex)
- crackers, whole grain (Triscuits, rye crackers or whole wheat crackers)
- graham crackers
- pita, 100% whole wheat
- popcorn, low-fat in a bag or, air-popped
- tortilla, 100% whole wheat
- whole grain granola bars low in fat and sugar (Nature Valley Crunchy or Chewy and Quaker Chewy bars)

Vegetables

Serve fresh vegetables plain or with low-fat dips like salsa, hummus, or Ranch dressing. Refrigerate cut vegetables within 2 hours:

- baby carrots
- bell pepper slices
- broccoli cut into florets
- carrot sticks
- cauliflower cut into florets
- cucumber slices
- snap peas
- snow peas
- string beans
- tomato slices
- whole tomatoes (grape and cherry)
- summer squash slices
- zucchini slices

Fruits

Fresh whole fruit is easy to serve. Refrigerate cut fruit within 2 hours:

- apples
- bananas
- grapes
- kiwi (cut in half and serve with a spoon)
- nectarines
- oranges
- peaches
- pears
- plums
- Fruit spreads (jelly made with 100% fruit)
- canned fruit and fruit cups (unsweetened applesauce and fruit packed in 100% juice - best choice - or, light syrup)
- dried fruits with little or no added sugar such as raisins, apricots, apples, cranberries and pineapples
- fruit snacks (fruit leathers) without added sugar

Milk

- cheese, low-fat (serve with whole grain crackers)
- string cheese, low-fat
- cottage cheese, low-fat
- yogurt, low-fat and non-fat served with fresh or frozen fruit or low-fat granola
- milk, non-fat or low-fat (see beverages)
- limit low-fat pudding and frozen yogurt that are high in added sugar



Meat and Beans

- bean dips
- hummus
- nuts, unsalted
- peanut butter (served with whole grain bread or crackers; apple or banana slices)
- soy nut butter
- sesame seeds
- sunflower seeds

Beverages

- tap water
- drinking water purchased in gallon containers
- low-fat or nonfat milk
- 100% vegetable juice (select low sodium V8 juice)
- 100% fruit juice (orange, grapefruit and pineapple juices are healthier than apple, grape and pear juices)
- Create a 'fruit fizz' by mixing 2/3 cup seltzer water with 1/3 cup 100% fruit juice
- Note: 7-18 year olds should limit juice to no more than 12 ounces per day
- Avoid fruit drinks and sports drinks with added sugars.

Share your healthy snacking shopping list here!

