San Pasqual
- Union School District -

Wellness & Nutrition



What is SPU's Wellness Policy towards parties and celebrations?

The Wellness policy sets goals aligned with LCAP and Board Goal, "Champion the Physical, Social, and Emotional Wellness and Safety for All Students"

Nutrition

First, we would like to encourage parents/guardians to support student wellness by considering the nutritional quality and portion-size of items they send for snacks and lunch, and refrain from sending any candy to school.

Most children consume too many calories from solid fats and added sugars; and do not consume enough fruits, vegetables, whole grains, or calcium-rich foods. The Dietary Guidelines for Americans indicates that 41 percent of children and adolescents are overweight or have obesity, which puts them at high risk of type 2 diabetes, heart disease, and fatty liver disease.

Second, we ask that parents and guardians comply with the new district guidelines for non-food birthday parties, or healthy celebrations and special events. We have possible ideas for these celebrations.

Celebrations- Non Food Ideas:
In coordination with your child's teacher, and in lieu of a food celebration, consider choosing the following activities:

- Child's Choice for a fun game or activity to celebrate
- Invite an interesting guest to speak to the class
- Donate a book, fun pencils, rulers, erasers, markers, stickers, jump ropes, or other activity equipment

Celebrations- Healthy Food Ideas
For any classroom celebrations that involve food, parents are asked to refer to the Smart Snacks Approved List (reference on the next few pages) to ensure all items meet district nutrition guidelines. These standards help promote student health by limiting added sugars, saturated fats, and sodium, while encouraging nutritious choices. Thank you for supporting a healthy learning environment!

Physical Education & Activity

Third, families are encouraged to support physical fitness by promoting active lifestyles at home and participating in school-based wellness activities that reinforce SPU's TK-8 standards-based physical education program. In addition to providing quality instruction, SPU encourages students to adopt lifelong habits of physical activity and wellness.

Did you know...

Elementary-age children are experiencing higher rates of obesity, diabetes, high blood pressure, and heart disease due to poor dietary practices and lack of physical activity.

The foods and drinks they consume can have a profound effect on their brain development and behavior. Excessive sugar intake is linked to a range of cognitive and behavioral issues, including difficulties with attention, memory, and emotional regulation.

Healthy kids learn better: Research clearly demonstrates that good nutrition is linked to better behavior and academic performance.

Too much screen time has been linked to lower reading scores and attention problems.

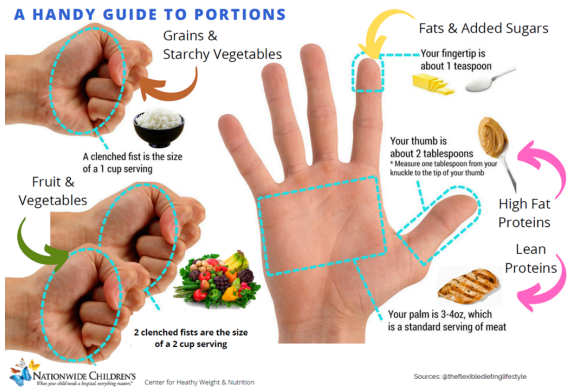




Why is it Important? The Benefits of Healthy Celebrations

- **Supports Health and Learning:** Nutritious foods during school celebrations help maintain students' energy and focus, contributing to improved academic performance and overall well-being.
- **Promotes Positive Lifestyle Choices:** Offering healthy options encourages students to adopt health-conscious habits that can continue into adulthood, reducing long-term health risks.
- **Ensures Safety for All Students:** Healthy celebrations protect students with food allergies by offering non-food alternatives or sourcing food from safe, known providers, creating a safer environment for all.
- **Reinforces Health Education:** Healthy celebrations align with the classroom lessons students are learning about nutrition and wellness, providing a consistent message about the importance of making healthy choices.
- **Demonstrates Commitment to Well-Being:** By prioritizing healthy celebrations, the school reinforces its commitment to promoting the physical and emotional health of all students.

Together, we can make a real difference in the lives of those who need it most. Thank you for your continued support as we work to foster a healthier, safer school environment!



Serving Size- Per Day

- Grains and starchy vegetables (potatoes, peas and corn)– offer your child's clenched fist size (may be 1/2-1 cup)
- Protein – aim for the size of your child's palm or thumb size of nut butter
- Fruits and vegetables – offer 2 of your child's clenched fists full
- Dairy – aim for 8 fl oz of low-fat milk, yogurt or about two ounces of cheese (3-4 times a day)
- The American Academy of Pediatrics (AAP) recommends that children ages 2–18 limit their added sugar to 6 teaspoons



The 5210+ healthy habits set kids up for success inside and outside the classroom.

- 5 servings of fruits and veggies. Eat a healthy breakfast with some fruit. Fill half of your plate with fruits and vegetables.
- 2 hours or less of screen time. Turn off the TV. Play outside!
- 1 hour or more of physical activity. Exercise! Walk or bike to school. Get outside.
- 0 sugary drinks. Choose water or milk. Hydrate!
- Sleep. Protect your child's sleep! Have a bedtime routine. Turn off screens an hour before bedtime.

References: https://www.myplate.gov/eat-healthy/what-is-myplate, https://5210.psu.edu/about/research/#about-5, https://www.elon.edu/u/news/2023/09/22/dr-robert-lustig-offers-insights-into-connection-between-food-choices-and-chronic-disease/, https://publications.aap.org/aapnews/news/7331/Added-sugar-in-kids-diets-How-much-is-too-much?autologincheck=redirected

San Pasqual
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Smart Snacks Approved List

To be used as a guide for Parents & Staff



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What are smart snacks?
Smart snacks are nutrition standards established by the USDA as part of the Healthy, Hunger-Free Kids Act of 2010 and became effective July 1, 2014. The standards apply to all foods sold and served on school campuses during the school day.

What is the definition of the school day?
The USDA defines the school day as the period from midnight the night before to 30 minutes after the end of the official school day.

What is the definition of the school campus?
The USDA defines the school campus as all areas of the property under the jurisdiction of the school that are accessible to students during the school day.

What campus events are impacted by Smart Snacks standards?
The standards pertain to all campus food sales and foods distributed at campus events during the defined school day. Community organization events (PTO, DELAC, Foundation), evening, and weekend events are excluded.

What are the Smart Snacks Standards for foods?
To qualify as a Smart Snack, a snack or entrée must first meet the general nutrition standards: • Be a grain product that contains 50 percent or more whole grains by weight (have a whole grain as the first ingredient); or • Have as the first ingredient a fruit, a vegetable, a dairy food, or a protein food; or • Be a combination food that contains at least ¼ cup of fruit and/or vegetable (for example, ¼ cup of raisins with enriched pretzels); and • The food must meet the nutrient standards for calories, sodium, fats, and total sugars.
This booklet is to be used as a guide to assist teachers and parents when looking for alternatives to be used in the classroom.

Nutrient	Snack	Entrée
Calories	200 calories or less	350 calories or less
Sodium	200 mg or less	480 mg or less
Total Fat	35% of calories or less	35% of calories or less
Saturated Fat	Less than 10% of calories	Less than 10% of calories
***Trans* Fat**	0 g	0 g
Total Sugars	35% by weight or less	35% by weight or less

What if I want to sell or serve a food not on the list of approved foods?
You can contact the child nutrition department at **760-728-7092,** and they will be happy to assist you. You can also connect to the alliance for a healthier smart snacks calculator at **https://www.healthiergeneration.org/take-action/schools/wellness-topics/smart-snacks/smart-snacks-in-school** to determine if the product meets the requirements. You must provide documentation from the website to the SPUSD administration before selling or serving the product.

If you would like additional information about smart snacks standards, please visit **https://www.fns.usda.gov/cn/tools-schools-focusing-smart-snacks.**

The following pages show approved smart snacks for school. These are all allowed for classroom parties.

San Pasqual Union School District Approved Food List – Smart Snacks

USDA's Smart Snacks in school standards are practical, science-based nutrition standards for all foods and beverages sold or served to students during the school day. The new rule went into effect July 1, 2014 and merges the previous California Nutrition Standards.

The following list is of foods and beverages that meet the standards for all grade levels. This list is ***not all inclusive,*** additional items may be used if identified to be compliant by the quick reference cards. Alternative items may be available at different stores. Manufacturers' ingredients and distribution change frequently. If you have additional questions, please contact the Food and Nutrition Services Department Office: (760) 745-4931 or Email: Jessica Hurtado

Applesauce/Fruit Cups/Fruit Snacks

Manufacturer	Name/Description	Serving Size	Wal-Mart	Costco
All Brands	Individual Fruit Cups in Water or Natural Juices	½ cup	X	X
All Brands	Dried Fruit with No Added Sugar	¼ cup	X	X
All Brands	Fresh Fruit and vegetables- Individual Bags or Platters	½ cup	X	X
Andros	Fruit Me Up Pouches- All Flavors	1 pouch (133g)		
Brother's	All Natural Fruit Crisps	1 bag	X	X
Buddy Fruits	100% Fruit Snack Squeeze Pouch- All flavors	1 pouch (90g)	X	
Buddy Fruits	Pure Fruit Jiggle Gel	1 pouch (3.2oz)	X	
Chiquita	Fruit Chips 100% Fruit Freeze Dried- All flavors	1 pouch (30g)	X	
Clif	Organic Twisted Fruit- All Flavors	1 twist (20g)	X	
Crunchies	Freeze Dried Fruit- All Flavors	¼ cup	X	
Crunch Pak	Dipper Fruit Packs- All Flavors	1 container (2.75oz)	X	
Del Monte	Fruit Cups No Sugar Added- All Flavors	1 cup (106g)	X	
Del Monte	Fruit Naturals No Sugar Added	1 container (1 cup)	X	
Del Monte	Fruit Burst Pouch- All Flavors	1 pouch (90g)		
Disney	Fruit Crisps Freeze Dried Fruit Slices- All Flavors	1 bag (7g)	X	
Dole	Fruit Cups in 100% Juice- All Flavors	1 container (113g)	X	

Dole	Fruit Squish'ems	1 pouch	X	
Earth's Best	Organic Applesauce- Cinnamon	1 cup (113g)	X	
Earth's Best	Organic Applesauce- Original	1 cup (113g)	X	
Earthbound Farm	Organic Raisins	1 box (43g)		
Go Go Squeez	Go Go Squeez Applesauce Pouches	1 pouch (90g)		
Great Value	All Natural No Sugar Added Applesauce- Individual Cups	4oz unit (113g)	X	
Great Value	Unsweetened Applesauce	½ cup	X	
Great Value	Dried Apricots	7 pieces	X	
Great Value	No Sugar Added Fruit Cups- Peaches	1 bowl (108g)	X	
Happy Squeeze	Fruit & Veggie TWIST Pouch- All Flavors	1 pouch (99g)	X	
Kirkland	Sunsweet Dried Apricots	About 6		X
Kirkland	Sunsweet Dried Plums	About 6		X
Kirkland	Real Sliced Fruit- Freeze Dried-Individual Bags	1 bag		X
Materne	Go Go Squeeze- All Flavors	1 pouch (90g)		X
Motts	Applesauce Snack & Go- All Flavors	1 pouch (90g)	X	
Motts	Healthy Harvest No Added Sugar- Country Berry, Peach Medley & Summer Strawberry	1 cup (113g)	X	
Motts	Motts Medley's Fruit & Veggie Snack	1 cup (111g)		
Motts	Natural Apple Sauce	1 cup (111g)	X	
Smuckers	Fruit Fulls- Pure Blended Fruit	1 pouch (4 oz)		
Sunmaid	Raisins	1 box (42.5g)	X	X
Tree Top	No Sugar Added Natural Apple Sauce- Individual Cups	1 unit (113g)	X	X
Tree Top	All Flavor Pouches	1 pouch (26g)		

Chips/Pretzels/Popcorn/Corn Nuts

Manufacturer	Name/Description	Serving Size	Wal-Mart	Costco
Act II	Bags 94% Fat Free Butter Popcorn	6.5 cups popped	X	
Corn Nuts	Original, Ranch, Chile Picante	1 package (1/3 cup)	X	
Corn Nuts	Variety Pack	1 package (1/3 cup)		X
General Mills	Chex Mix Snack Mix- Individual Snack Bags Traditional, Sweet n Salty, Trail Mix	1 pouch (.82oz)		
General Mills	Chex Mix- Traditional Sweet n Salty, Trail Mix, Caramel Crunch	½ cup	X	
Jolly Time	Healthy Pop Butter 94% Fat Free- 100 Calorie Pack	1 package		
Jolly Time	Healthy Pop 94% Fat Free Microwave Popcorn	2 cups popped		
Lays	Baked Doritos Brand Nacho Cheese Flavored Tortilla Chips	15 chips (1oz)	X	
Lays	Baked Ruffles Potato Chips	9 crisps (1oz)	X	
Lays	Baked Potato Chips- BBQ, Cheddar & Sour Cream, Original, Sour Cream & Onion	1oz		
Popcorners	Sweet Cinnamon, Memphis BBQ	1 package (28g)		
Smart Balance	Smart N' Healthy Popcorn	4 cups popped		
Smart Food	Smart Food Delight Popcorn- Sea Salt or White Cheddar	1 cup		
Quaker	Popped Rice Snacks- Only Apple and Chocolate	1oz	X	
Quaker	Rice Cakes- All Flavors	1 Cake	X	
Tostitos	Baked Tortilla Scoops- Light Tortilla Chips	16 chips (28g)	X	
Wholesome Goodness	Tortilla Chips- Sea Salt or Multigrain Flax	8 chips		

Crackers and Grahams

Manufacturer	Name/Description	Serving Size	Wal-Mart	Costco
Annie's	Homegrown Bunny Grahams- Honey,	About 28 cookies (30g)	X	

	Chocolate Chip, Chocolate			
Crunchmaster	Multi-seed- Five Seed	14 crackers		X
Crunchmaster	Grammy Crisps- Cinnamon Sugar	25 crackers	X	
Homekist	Honey graham Crackers	2 full cracker sheets	X	
Kashi	Snack Crackers- Not Cheddar	15 crackers		
Kashi	Soft Baked Cookies- All Flavors	1 cookie (30g)		
Kellogg's	Special K Cracker Chips- Individuakl Bags	1 package	X	
Kellogg's	Special K Cracker Chips- Sea Salt, Sour Cream & Onion, Southwest Ranch, Cheddar	27-30 chips (30g)	X	
Nabisco	100 Calorie Packs- Mini Teddy Grahams	1 package (22g)	X	
Nabisco	100 Calorie Packs- Sweet & Salty	1 package (22g)	X	
Nabisco	100 Calorie Packs- Wheat Thins Toasted Chips	1 package (22g)	X	
Nabisco	BelVita Soft Baked Cookie- Chocolate, Banana, Berry	1 cookie		X
Nabisco	Honey Maid Grahams	8 crackers (2 full sheets)	X	X
Nabisco	Honey Maid Grahamfuls- All Flavors	1 pack (25g)	X	
Nabisco	Honey Maid Lil'Squares- Cinnamon	29 pieces	X	
Nabisco	Honey Maid Minions Honey Grahams	1 bag (28g)		
Nabisco	Teddy Grahams 150 Calorie Pouches- Chocolate, Cinnamon, Honey	1 pouch (35g)	X	
Nabisco	Teddy Grahams- Honey, Cinnamon, Chocolate, Chocolate Chips	24 pieces	X	
Nabisco	Triscuit- All Flavors	About 6 crackers	X	
Nabisco	Triscuit Thin Crisps- All Flavors	About 15 crackers	X	
Nabisco	Wheat Thins- Original, Reduced Fat, Multigrain, Toasted Chips	About 14 pieces (1oz)	X	
Nabisco	Wheat Thins Toasted Chips- Garden Valley Vegetable, Great Plains Multigrain	13 chips (28g)	X	

Pepperidge Farm	Baked Naturals Cracker Chips- Multigrain only	27 pieces (30g)	X	

Bagels

Manufacturer	Name/Description	Serving Size	Wal-Mart	Costco
Sara Lee's	Soft & Smooth Mini Bagels- Whole Grain, Cinnamon	1 bagel (37g)	X	
Thomas	Bagel Thins- 100% Whole Wheat, Everything, Plain	1 bagel (46g)	X	

Beverages

Manufacturer	Name/Description	Serving Size (Elementary)	Serving Size (Middle/ High)	Wal-Mart	Costco
Campbell's	V-8- Spicy Hot, Low Sodium or Regular	< 8 fl oz.	< 12 fl oz.	X	X
Campbell's	V-8 Fusion- Strawberry Banana, Peach Mangy, Pomegranate Blueberry, Tropical Orange	≤ 8 fl oz.	≤ 12 fl oz.	X	X
Campbell's	V-8 Fusion Refreshers	< 8 fl oz.	< 12 fl oz.	X	
Campbell's	V-8 Fusion- Individual Pouches- All Flavors	1 pouch	1 pouch	X	
Capri Sun	100% Juice Pouches- All Flavors	1 pouch (6.75 oz)	1 pouch (6.75 oz)	X	
Capri Sun	Fruit Waves- 100% Juice- All Flavors	1 pouch (6.75 oz)	1 pouch (6.75 oz)		X
Capri Sun	Super V- Fruit & Vegetable Drink	1 pouch (6 oz)	1 pouch (6 oz)		
Dole	100% Pineapple Juice	< 8 fl oz.	< 12 fl oz.	X	
Florida's Natural	100% Fruit Juices- All Flavors	≤ 8 fl oz.	≤ 12 fl oz.		
Great Value	100% Juice (Apple, Cranberry, Grape)	< 8 fl oz.	< 12 fl oz.	X	
Great Value	Vegetable Juice from Concentrate (100% Juice)	< 8 fl oz.	< 12 fl oz.	X	
Horizon	Organic Milk- Lowfat- All Flavors	< 8 fl oz.	< 12 fl oz.	X	
Juicy Juice	Fruitfuls- All Flavors	6.75 fl oz.	6.75 fl oz.		

Kirkland	100% Juice- Pomegranate, Cranberry/Raspberry, Pomegranate/Blueberry, Cranberry/Grape	≤ 8 fl oz.	≤ 12 fl oz.		X
Kirkland	Hansen 100% Juice Variety	6.75 fl oz.	6.75 fl oz.		X
Langer's	100% Juices- All Flavors	< 8 fl oz.	< 12 fl oz.		
Martinellis	100% Pure Apple Juice	< 8 fl oz.	< 12 fl oz.		X
Minute Maid	100% Juice- Apple, Fruit Punch, Apple White Grape, or Mixed Berry	≤ 8 fl oz.	≤ 12 fl oz.	X	X
Motts	100% Apple Juice	< 8 fl oz.	< 12 fl oz.	X	
Ocean Spray	100% Juice- Grapefruit, Cranberry, Ruby Red Grapefruit, Cranberry or Pomegranate	≤ 8 fl oz.	≤ 12 fl oz.	X	
Sam's Choice	100% Juice- Apple Juice Punch Blend, White Grape	< 8 fl oz.	< 12 fl oz.	X	
Simply Orange	100% Juice- All Flavors	< 8 fl oz.	< 12 fl oz.		
Seneca	100% Apple Juice	< 8 fl oz.	< 12 fl oz.	X	
Sunsweet	100% Prune Juice	< 8 fl oz.	< 12 fl oz.	X	
Tummy Tickler	100% Juice- Aplle	< 8 fl oz.	< 12 fl oz.	X	
Treetop	100% Apple Juice	< 8 fl oz.	< 12 fl oz.	X	X
Treetop	100% Juice Assorted	< 8 fl oz.	< 12 fl oz.		X
Treetop	Fresh Pressed Juice	< 8 fl oz.	< 12 fl oz.		
Tropicana	100% Juice- Apple, Fruit Punch, or Orange	< 8 fl oz.	< 12 fl oz.	X	X
Welch's	100% Juice- Grape, White Grape, White Grape Cherry, White Grape Peach, White Grape Blueberry Kiwi, Strawberry Kiwi	≤ 8 fl oz.	≤ 12 fl oz.	X	
All Brands	100% Juice (Product Must State 100% Juice)	< 8 fl oz.	< 12 fl oz.	X	X
All Brands	Milk- Lowfat 1%, or Fat Free	< 8 fl oz.	< 12 fl oz.	X	X
Water	Pure Water, No Added Artificial Sweetener and/or Caffeine	Any Size	Any Size	X	X

Yogurt/Cheese/Smoothies

Manufacturer	Name/Description	Serving Size	Wal-Mart	Costco

Activia	Reduced Fat, Low Fat, or Greek Yogurt- All Flavors	1 container (113g)		
Chobani	Non-fat Yogurt- All Flavors	6 oz (170g)	X	X
Chobani	Low Fat Yogurt- All Flavors	6 oz (170g)	X	
Dannon	Danimals- Yogurt Smoothies	1 bottle- 3.1 fl oz.	X	
Dannon	Oikos- Fruit on the Bottom (Non-fat)	5.3oz (150 g)	X	
Dannon	Light & Fit	6oz (170g)	X	
Fage	Total 0%- Fat Free Yogurt	1 container (6 oz)	X	X
Frigo	Light String Cheese	1 stick (28 g)	X	
Great Value	Lowfat Yogurt- All Flavors	6 oz	X	
Great Value	Light- Non-fat Yogurt- All Flavors	6 oz	X	
Health Valley	Fruit Yogurt Smoothie Pouch- Strawberry Banana, Pear Mango	1 pouch (4.2 oz)	X	
Kirkland	Lowfat Yogurt- Peach and Blueberry	8 fl oz.		X
Kraft	Live Active 2% Milk Marbled Colby & Monterey Jack Cheese Stick	1 stick (28g)	X	
Kraft	Mozzarella Cheese String- 2% milk	1 stick	X	
Liberte	Nonfat Greek Yogurt- All Flavors	5.3 oz	X	
Precious	String Cheese	1 stick (28g)	X	X
Precious	Stringsters Reduced Fat String Cheese	1 stick		
Sargento	String Cheese	1 stick	X	
Sargento	Light String Cheese	1 stick		
Sargento	Reduced Fat- Colby Jack, Cheddar, Sharp Cheddar	1 stick	X	
Stoneyfield	YoKids Squeezers Organic Lowfat Yogurt- All Flavors	1 tube (56g)		
Stoneyfield	YoKids- Lowfat Yogurt- All Flavors	1 container (4 oz)	X	
The Laughing Cow	Babybel Light	1 piece		X
The	Cheese Wedges Light- All Flavors	1 wedge	X	X

Laughing Cow				
Yoplait	Original Yogurt- All Flavors	6oz	X	X
Yoplait	Reduced Fat Yogurt- All Flavors	8 fl oz or less	X	X
Yoplait	GoGurt- Portable Low Fat Yogurt- All Flavors	1 tube (64g)		
Yoplait	Gogurt Protein- Portable Low Fat Yogurt- All Flavors	1 tube (64g)	X	
Yoplait	Simply GoGurt- Portable Low Fat Yogurt- All Flavors	1 tube (64g)	X	X
Yoplait	Yoplait Kids Yogurt- All Flavors	1 container	X	
Yoplait	Light Yogurt- All Flavors	6oz	X	X
Yoplait	Greek 100- All Flavors	5.3oz (150g)		
Yoplait	Pro-Force Protein Yogurt For Kids- All Flavors	1 container (3.5 oz)	X	
Weight Watchers	String Cheese	1 stick	X	

Cereal/Breakfast Bars

Manufacturer	Name/Description	Serving Size	Wal-Mart	Costco
Fiber One	Streusel Bar- Strawberry or Blueberry			
Kashi	Soft Baked Cereal Bars- Ripe Strawberry	1 bar (35g)	X	
Kellogg's	Nutri-Grain Cereal Bars- All Flavors	1 bar (37g)	X	X
Kellogg's	Special K Bar- 90 Calorie Vanilla Crisp, Strawberry, Chocolate Drizzle	1 bar (22g)	X	
Kellogg's	Special K Cereal Bar- Red Berries, Chocolate Pretzel	1 bar		X
Quaker	Soft Baked Bars- Banana Nut Bread, Cinnamon Pecan Bread	1 bar (42g)	X	X
Quaker	Variety Pack Bars- Strawberry Crisp, Apple Crisp & Mixed Berry Crisp Bars	1 bar (37h)		
Sunbelt	Crunchy Oats & Honey Granola Bars	1 bar (29g)	X	

Granola Bars

Granola Bars

Manufacturer	Name/Description	Serving Size	Wal-Mart	Costco

Granola Bars

Cascadian Farm	Organic Chewy Granola Bar- Fruit & Nut Bar	1 bar (35g)	X	
CLIF	Kid Zbar- Chocolate Chip, Honey Graham, Iced Oatmeal, Chocolate Brownie	1 bar (36g)		X
CLIF	LUNA fiber- All Flavors	1 bar (40g)		
Great Value	Crunch Oats & Honey	2 bars (42g)	X	
Kashi	Chewy Granola Bars- Oatmeal Cookie, Peanut Butter Chocolate Chips	1 bar (35g)	X	X
Nature Valley	Chewy Trail Mix Bar	1 bar (35g)	X	X
Quaker	25% Less Sugar Chewy Granola Bar- All Flavors	1 bar (24g)	X	
Quaker	90 Calorie Chewy Granola Bar- All Flavors	1 bar (24g)	X	
Quaker	Chewy Granola Bar- All Flavors	1 bar (24g)	X	X

Frozen Fruit Bars

Manufacturer	**Name/Description**	**Serving Size**	**Wal-Mart**	**Costco**
Blue Bell	Fruit Bars- All Flavors	1 bar	X	
Dryer's	No Sugar Added Fruit Bars- Black Cherry, Strawberry Kiwi, Mixed Berry, Strawberry, Tangerine, Raspberry	1 (51g)	X	
Dryer's	Outshine Fruit Bars and Coconut Water	1 bar		
Fruttare	Fruit Bars- All Flavors			
Simple Truth	Greek Yogurt Frozen Bars- All Flavors	1 bar		
Otter-Pops	100% Juice Fast Freeze Juice Bars	1 pop (1oz)	X	X