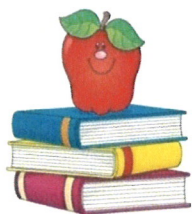


## Wellness

### Administrative Procedure: 536.4



# Healthy Snacks

## Making the Healthy Choice the Easy Choice Snacks – 150-200 Calories or Less

A healthy eating plan:

- ∞ Emphasizes fruits, vegetables, whole grains and fat free or low fat milk products. (Combine them in your snacks for interesting variety!)
- ∞ Includes lean meats, poultry, fish, beans, eggs and nuts. (Add these to your whole grains and veggies for a mini meal.)
- ∞ Is low in saturated fats, trans fats, cholesterol, salt (sodium) and added sugars.

Try these tasty and easy snacks to satisfy your hunger between meals. They fit right into a healthy eating plan. Each has 150-200 or fewer calories. The key is to pay attention to portion sizes. Larger portions mean more calories.

Amount	Fruit	Calories
1 medium	Orange	74
1 small	Banana	90
1/2 cup	Orange juice	54
1 cup	Whole strawberries	46
1/2 cup	Pineapple (in own juice)	75
1 cup	Red seedless grapes	104
1/8 cup	Raisins	42

Amount	Vegetables	Calories
15	Baby carrots	54
1 cup	Assorted vegetables (1/2 cup broccoli florets / 1/2 cup grape tomatoes) with 1 tbsp fat free (FF) ranch dressing	40
6 oz	Low sodium vegetable juice	40
10 small	Celery sticks	6

Amount	Grains, Bread, Rice, Pasta	Calories
1 mini bagel	Whole wheat (WW) bagel (2 1/2" in diameter)	100
1 slice	Raisin bread	71
4	Graham cracker squares	120
3 cups	Air-popped popcorn	90
4	WW crackers, unsalted	71

Amount	Milk, Cheese, Yogurt	Calories
1/2 cup	Fat free vanilla yogurt	86
4 oz	Fat free pudding	100
1 oz	Part skim string cheese	86
1 cup	Fat free milk	91

## Moorhead Area Public Schools Nutrition Philosophy during students' school day

School meals are the main source of nutrition.

Snacks are to:

1. supplement the meal;
2. help, not hinder, students' nutrition;
3. provide serving size and calories based on age/activity;
4. be consumed infrequently.

Parents can decide on use of discretionary calories at home.

\* See Administrative Procedure 536.6 on discretionary calories.

Amount	Meat, Fish, Beans, Eggs	Calories
3 tbsp	Hummus	69
2 oz	Turkey breast, home-cooked	105
1 large	Hardcooked egg	78
1/4 cup	Black beans	50
1.5 oz	Water-packed tuna	50

Combinations	Calories
5 celery sticks, 1 tbsp peanut butter and 1/8 cup raisins	139
1 tbsp light cream cheese on 1/2 pita and 1/4 cup grape halves	131
Trail mix: 1/4 cup Life cereal, 1/4 cup Cheerios, 1/4 cup Corn Chex and 1/8 cup raisins	152
1/2 cup fat free vanilla yogurt and 1/2 cup sliced fresh strawberries (sundae)	142
1 slice WW bread with 1/2 oz low fat Swiss cheese and 1 oz turkey with a slice of lettuce with 1/8 cup cranberries	200
2 tbsp hummus on 1/2 mini bagel, 1 tbsp nuts	110
1 1/2 oz water-packed tuna or salmon with 4 whole wheat crackers, unsalted	121
1/2 cup applesauce on 1 slice raisin bread	121
8 baked, unsalted tortilla chips with 2 tbsp salsa mixed with 1/8 cup black beans	148
1 tbsp sun butter on 1/2 WW English muffin	166

Source: USDA Nutrient Database for Standard Reference

- ∞ **Snacks not allowed include:** cake, cookies, chips, candy, gum, donuts, sweet rolls, fried items, elementary snacks greater than 150 calories per item.
- ∞ **Beverages not allowed at school include but not limited to:** soda, sports drinks, fruit drinks with less than 100% fruit juice, energy drinks.
- ∞ **Be safe!** Refrigerate dairy and meat or insulate them with ice.