

Healthier Snack Examples

**means in your kit today*



Snack Categories	Description	Examples	Where to Buy
Nuts & Seeds	Nuts, seed, and trail mix	<ol style="list-style-type: none"> 1. Kar's Nuts (cranberry and almond delight- trail mix) 2. Kar's (Nuts roasted almonds, slightly salted) 3. Kar's Roasted, Salted Pistachios 4. Eden Foods, Pumpkin Seeds pocket snacks, Organic 5. Sunrich Naturals Lightly Salted Sunflower Kernels 6. Mr.Nature (Aloha Mix Unsalted) 7. Planters NUT-trition* (wholesome nut or heart healthy mix packs) 8. Wonderful Pistachios Roasted & Salted* 9. Justin's Peanut or Almond Butter Packets (Plain)* 	<p>Kar's Nuts, Vistar, ADS, Kendall Confectionery Company</p> <p>United Natural Foods, Inc., Berkshire Natural</p> <p>Costa Fruit & Produce, Thurston Foods Inc.</p> <p>Target</p> <p>Target</p> <p>Target</p>
Fruits	Whole or diced fruits e.g., bananas, apples, oranges, and non-sugar added dried fruit	<ol style="list-style-type: none"> 1. Red apple (Fresh, whole or sliced) (1 medium) 2. Banana, ripe (Fresh, whole or sliced) (1 medium) 3. Oranges (Fresh, 1 medium) 4. Black berries (Fresh, 1 Cup) 5. Guava (Fresh, 6. Sun Maid Mediterranean Apricots (4 figs) 7. Sun Maid Raisins 	<p>United Natural Foods, Inc</p> <p>Thurston Foods Inc., United Natural Foods, Inc., Info Available Through: A.J. Letizio Sales & Marketing, Inc., Good 4 U Marketing, Info Available Through: Food Marketing Associates</p>

Remember: 250 Kcal or less, No added sugar in the first 3 ingredients (high fructose corn syrup, cane sugar, brown rice sugar, honey, coconut sugar, maple syrup), No trans-fat, < 200 mg of sodium, 3g fiber for granola bars

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		<ol style="list-style-type: none"> 8. Sun Maid Pitted prunes 9. Sun Maid Mission Figs 10. Stretch Island Fruit Strip 11. Kirkland organic apple sauce 12. GoGo Squeez Fruit & Veggies on the Go* 	<p>Costco</p> <p>Target</p>
Vegetables	Diced vegetables e.g., carrots, celery, and bell peppers	<ol style="list-style-type: none"> 1. Carrots (Fresh) 2. Celery (Fresh) 3. Cherry tomatoes (Fresh) 4. Cucumbers (Fresh) 	
Dairy	Yogurt and string cheese	<ol style="list-style-type: none"> 1. Mini Babybel Original Semisoft Cheeses 2. Chobani non-fat plain Greek yogurt (single serve 5.3 oz.) 3. Sargento String Cheese Serving Size – 1 piece (21g)* 4. 25% RF Cheddar Cheese Cubes (Land 'O lakes) – 1 oz. 	<p>Costco</p> <p>HPC Hartford Provisions Company, Original Pizza of Boston</p>
Grains	Granola bars and crackers	<ol style="list-style-type: none"> 1. KIND Bar (Dark chocolate nuts & sea salt, ca 2. KIND bar (Dark chocolate cherry cashew + antioxidants) 3. KIND Bar (Cranberry almond + Antioxidants with macadamia nuts) 4. Nature Valley protein chewy bar 5. Kashi chewy granola bar, honey and almond flax 6. RXBAR (Blueberry)* 7. Apple cinnamon cheerios 	<p>Costco</p> <p>Garber Brothers Inc., Sysco Boston LLC, Thurston Foods Inc., United Natural Foods, Inc., Vistar Thurston Foods Inc</p> <p>Costco</p> <p>Target</p>

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		(cereal bar)	
Chips	Chips (e.g. fruit chips, vegetable chips, bean chips) and chip alternatives (e.g. popcorn, dried seaweed, etc.)	<ol style="list-style-type: none"> 1. Bare, Ranch Carrot Chips, baked (1/2 serving) 2. Bare, Sweet Potato Chips, Baked 3. Bare Fruit Crunchy Cinnamon Apple Chips 4. Bare Fruit Crunchy Granny Smith Apple Chips 5. Bare, baked Sweet Potato Chips 6. Kirkland Signature Organic Seaweed 7. Skinny Pop Popcorn (individual packs) 8. Lay's Kettle Cooked Original Chips 9. Boom Chicka Pop Popcorn Sea Salt* 	<p>Costco</p> <p>Target</p> <p>Frito Lay</p> <p>Target</p>

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