

# SMART SNACKS

## A Guide to Meeting USDA Guidelines

To qualify as a Smart Snack, a snack 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, vegetable, dairy product, or protein food; or
- Be a combination food that contains at least 1/4 cup of fruit and/or vegetable; and
- The food must then meet the nutrient standards for calories, sodium, sugar, and fats:

<b>CALORIES</b>	<b>200 CALORIES OR LESS</b>
<b>SODIUM</b>	<b>200 MG OR LESS</b>
<b>TOTAL FAT</b>	<b>35% OF CALORIES OR LESS</b>
<b>SATURATED FAT</b>	<b>LESS THAN 10% OF CALORIES</b>
<b>TRANS FAT</b>	<b>0 GRAMS</b>
<b>SUGAR</b>	<b>35% BY WEIGHT OR LESS</b>

\*Some foods are exempted from the nutrient standards including dried fruits (no added sugar), trail mix of only dried fruits and nuts/seeds, and nut/seed butters.

### Fruits/Vegetables

Fresh Fruits & Veggies  
Applesauce  
Fruit Cups  
Dried Fruits

\*Serve fresh options with dips like low-fat ranch, hummus, nut/seed butters, guacamole, or salsa.

*Packaged items should have no added sugar.*

### Crunchy Snacks

Baked/Reduced Fat Chips  
Sun Chips  
Crackers (Wheat Thins/Triscuits)  
Whole Grain Pretzels  
Popcorn (No Added Butter)  
Whole Grain Granola  
Whole Grain Breakfast Cereals

### Beverages

Milk (Nonfat/Low Fat)  
100% Juice  
Sparkling Water  
Water

### Protein-Rich Options

Yogurt (Tubes/Cups)  
Cheese Sticks  
Nuts/Seeds (Trail Mixes)  
Nut Butters

Questions?

Contact SCCPSS School Nutrition at 912-395-5548.