

## **Foods and Beverages that Meet Smart Snacks Nutrition Standards**

To qualify as a Smart Snack, a snack or entree must first meet the general nutrition standards:

- Be a grain product that contains 50% 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 product, or a protein food; or
- Be a combination food that contains at least ¼ cup of fruit and/or vegetable; and
- The food must meet the nutrient standards for calories, sodium, sugar, and fats as outlined in the USDA Smart Snacks guide.

1. Applesauce (no sugar added)
2. Fruit Cups (in water or natural juices, no sugar added)
3. Fruit Snacks (dried fruit, fresh fruits and vegetables)
4. Baked Chips
5. Pretzels
6. Fat Free Popcorn
7. Nuts
8. Crackers
9. Low Fat Yogurt
10. Light String Cheese
11. Cereal Bars
12. Granola Bars
13. Cookies
14. Ice Cream
15. 100% Juice
16. Lowfat or Fat Free Milk
17. Water