

Choosing Healthy Snacks: A 2-step guide for wellness committees

1. All FRESH FRUITS AND VEGETABLES make a healthy snack!

2. Read the **NUTRITION FACTS** label and **INGREDIENTS** label.

Post Nutrition Facts at the snack area or on your wellness bulletin board, when available.

Nutrition Facts Label:

Read the Percent Daily Value (%DV¹) given for nutrients;

- ☞ When the %DV is **5% OR LESS**, the food is considered **LOW** in that nutrient.
- ☞ When the %DV is **20% OR MORE**, the food is considered **HIGH** in that nutrient.

		
<p>Choose foods HIGH in these nutrients:</p> <ul style="list-style-type: none"> ▪ <u>Dietary Fiber</u>. The USDA recommends a diet with at least 25g of dietary fiber daily.² ▪ <u>Calcium</u>. ▪ <u>Vitamins</u> A and C. <p>Choose foods LOW in Saturated Fat and Cholesterol.</p>	<p>Limit foods HIGH in these nutrients:</p> <ul style="list-style-type: none"> ▪ <u>Sodium</u>. ▪ <u>Sugar</u>. The USDA suggests limiting sugar intake to no more than 10 teaspoons a day—about 45g.² <p>Another source³ recommends limiting ADDED SUGARS to 25% or less of daily calories (~125g for a 2,000 calorie diet.)</p>	<p>Avoid foods HIGH in these nutrients:</p> <ul style="list-style-type: none"> ▪ <u>Saturated Fat</u> ▪ <u>Cholesterol</u>. <p>Practice portion control...</p> <ul style="list-style-type: none"> ▪ Avoid pre-packaged snacks containing more than ONE (1) SERVING PER PACKAGE.

1/ Percent Daily Values are based on a 2,000-calorie diet. %DV is listed on the right side of the Nutrition Facts label.

2/ Based on a 2,000 calorie diet. 3/ The National Academies of Science report on Dietary Reference Intakes for macronutrients, Sept. 2002.

Ingredients:

Judge foods by their ingredients, not their product name, slogan, or nutritional claims.

		
<p>Look for whole grains and other COMPLEX CARBOHYDRATES (whole wheat flour, brown rice, old-fashioned rolled oats) in the ingredient list. They have a higher nutritional value than simple or refined carbohydrates (bleached or enriched wheat flour, sugar, honey.)</p>	<p>Processed foods in which ADDED SUGARS such as high-fructose corn syrup is the first or second ingredients often have a lower nutritional value than foods without a lot of added sweeteners.</p> <p>Pay attention to second-tier ingredients (the ingredients of an ingredient.)</p>	<p>Foods that contain any HYDROGENATED OILS are a source of undesirable <i>Trans fatty acids</i>.</p>