

What can be sold in Kentucky schools?



Healthy Snacks (Ask for these)

- **Fruit**—fresh, canned, dried
- **Vegetables**—fresh, non-fried
- **Dairy**—reduced fat cheese, like string cheese, and light yogurt
- **Nuts**—peanuts, almonds, cashews, pistachios, and sunflower seeds
- **Breakfast bars and cereals** that contain 2 or more grams of fiber per serving. Examples: Cheerios, Frosted Mini-Wheats, Raisin Bran, Nature Valley Granola Bars, Kashi Heart to Heart Oat Cereal



Other snacks that meet the guidelines, but contain less than 2 grams of fiber per serving. (Ask for less of these.)

- Animal crackers (most brands)
- Baked Lay Potato Chips & Doritos
- Carnival Crunch
- Keebler Graham crackers
- Keebler Journey Bar
- Kellogg's Corn Flakes
- Mini Moon Pie
- MJM's All-Sports Graham Bites
- Nabisco Teddy Grahams
- Nabisco 100 Calorie Packs
- Popcorn Man Kettle Corn
- Quaker Chewy Granola Bars (some varieties)
- Snyder of Hanovers Old Tyme Pretzels

***Snacks must contain no more than: 32% sugar by weight & 14 grams sugar, 30% calories from fat, and 300 mg sodium.

Beverages that can be sold in schools:

Drinks are restricted to 16.9 oz in elementary school and 20 oz in middle and high school. No limitations are placed on water.

Schools may begin selling these items 30 minutes after lunch is over. Cafeterias may sell these items, except for diet soft drinks, at any time.

Beverages allowed:

- **Milk—1% and skim**; both plain and flavored.
- **100% fruit and vegetable juices.**
- **Bottled water**, including low calorie flavored bottled water.
- **Low calorie sports drinks**—Gatorade Propel and PowerAde Option
- **Diet Soft Drinks**
- **Other beverages**—containing no more than 10 grams of sugar per serving.

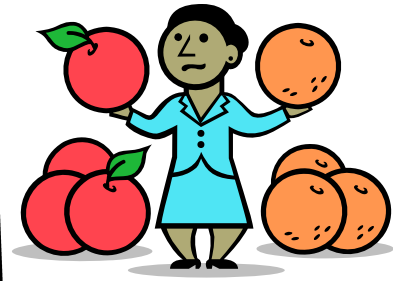


***The "school day" is the period of time from the arrival of the first student to the end of the last class.

For a detailed list of healthy snack ideas visit:
www.cspinet.org/healthysnacks.

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Healthy Eating Tips for Kids



Making Healthy Snack Choices

Info you can use to help keep your kids healthy!

Kentucky
Action for Healthy Kids®

Healthy Snacks for Children

Snack choices can make positive or negative contributions to your child's diet.



Fruits and Vegetables should make up the majority of snacks.

Tips:

- Taste test new fruits and veggies with your kids.
- Try fresh, canned, or dried fruit.
- Try fruit salads and homemade smoothies.
- Vegetables can be served with dips.
- Have fresh fruits and vegetables available when children are hungry.



A Simple Smoothie Recipe:

Blend 1 cup frozen strawberries, 1 banana, 1/2 cup orange or pineapple juice, and 1 cup low fat yogurt.

Grains

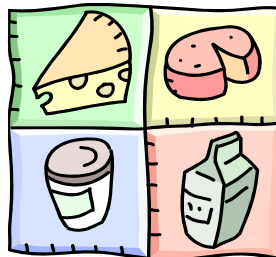
Look for the words whole wheat or whole grain as the first ingredient. If the first words are enriched wheat flour, it is not whole grain.

Suggestions for **whole grain snacks**:

- Triscuits
- Cheerios
- Frosted mini-wheats
- Air-popped popcorn

Low Fat Dairy Foods

Choose dairy foods that are low in fat, such as 1% milk or skim milk, to provide the nutrients



children need without heart damaging fat.

Suggestions for **Low Fat Dairy Foods**:

- Low fat or fat free milks, yogurts, cheeses and puddings.
- Serve cheese in smaller portions and combine with other foods such as fruits, vegetables, and whole grain crackers.

Healthy Beverages:

Water should be the main drink served to children at snack time. It satisfies thirst without adding calories or sugars.

Low-Fat and Fat-free milk are good sources of calcium and vitamin D.

Fruit Juice—select 100% fruit juice.

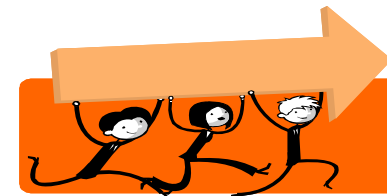
Limit portion sizes to 8 to 12 ounces. Drinking too much juice can lead to too many calories and sugar. Avoid juice “drinks” that are high in sugar and calories.



Did you know?

Soda is the #1 source of calories in the American diet. Each calorie comes from sugar.

*Regular soft drinks can't be sold during the school day (when students arrive until the end of the last class).



Info about school food choices on the back