

Healthy Snacks List

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| <ul style="list-style-type: none"> • Barbara's Bakery Multigrain Triple Berry Cereal Bars • Chattanooga Bakery MoonPies • Cliff Bars, Chocolate Chip Peanut Crunch, Chocolate Almond Fudge, Cookies and Crème and Chocolate Brownie • Dakota Gourmet Products Cool Ranch Toasted Corn • Dakota Gourmet Products S'More Mix • Famous Amos Oatmeal Raisin Cookies • Famous Amos Low-fat Iced Gingersnaps • Fig Newtons • Frito Lay Baked Doritos and Lays • Frito Lay Rold Gold Honey Mustard Pretzels • Frito Lay Ruffles Wow! • Gatorade Bar Chocolate and Peanut Butter Crunch • General Mills Chex Mix • General Mills Nature Valley Granola Bars—Oats 'n Honey • General Mills Pop Secret 94% Fat Free Butter Popcorn • Genisoy Soy Crisps • Guiltless Gourmet Corn Chips • Kashi GoLEAN Bars—Chocolate Peanut Bliss | <ul style="list-style-type: none"> • Keebler Crackers Wheatables Reduced Fat • Keebler Journey Multi-Grain Cereal Bar Caramel • Kellogg's Cereal Bar Apricot • Kellogg's Nutri-Grain Cereal Bars (ALL FLAVORS) • Kellogg's Special K Bars—Blueberry, Strawberry • Kettle Valley Fruit Bars • Kraft Tickles Snack Mix • MJM All-Sports Bites and Bear Grahams • Nabisco 100 Calorie Pack • Honey Maid Cinnamon Thin Crisps • Nabisco 100 Calorie Pack Kraft Chip Nips Thin Crisps • Nabisco Snackwells Sugar Free Oatmeal Cookie • Newman's Own Pretzel Sticks • Newman's Own Salted Rounds Pretzels • Pepperidge Farm Pretzel Goldfish® • Pita Snax Pita Chips • Power Bar Double Chocolate and Harvest Peanut Butter Chocolate Chip • Proctor & Gamble Pringles—Fat Free | <ul style="list-style-type: none"> • Quaker Chewy Granola Bar Chocolate Chip and Peanut Butter Chocolate Chunk • Quaker Fruit & Oatmeal Bars—Apple Crisp and Strawberry (Lower Sugar) • Quaker Graham Cereal Bars • Quaker Harvest Crunchy Bars—Mixed Berry • Quaker Rice Cakes • Quaker Crispums • Snyder's Mini Pretzels • Snyder's Sourdough Nibblers • Stacy's Pita Chips • Stacy's Soy Thin Crisps • Tennessee Chips Baked Nacho Seasoned Corn Chips and Yellow Corn • Tumaro's Gourmet Snacks Organic Krispy Crunchy Puffs • Utz Pretzels • Pine Creek Pack Bing Cherries • Mariani dried fruit • Dole Canned Fruit • Pine Creek Pack Apple Chips • Just Tomatoes, etc. Just Fruit Munchies • Stretch Island Fruit Leather • Sunsweet dried fruit |
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SOME ITEMS THAT ARE NOT LISTED ABOVE may also comprise a healthy snack. Read the nutrition label on the package to determine the calorie and nutrient content. In general, the item should not provide more than 200 calories per serving.