

CPRS District IV
Promoting Health & Wellness Fights Obesity Task Force
The Great Snack-Off
Healthier Vending Options

Snack Criteria:

- **No more than 300 calories per serving. More than that and it's a meal, not a snack.**
- **3 grams or fewer of saturated fat. Too much saturated fat can raise heart-disease risk. Treats with no hydrogenated or partially hydrogenated oils (i.e. Trans fats).**
- **250 milligrams or fewer of sodium (350 mg or fewer for chips). Too much sodium can lead to high blood pressure.**

Frozen Treats:

- Healthy Choice Premium Fudge Bars. Chocolaty Goodness. This low-fat treat won for its rich flavor (one bar: 80 calorie, 1 g fat, 0.5 saturated fat).
- Dole Fruit Juice bars, assorted flavors. Made with real fruit Juice. (one bar: 45-50 calories, 0 g fat, 0 g sat fat).
- Silhouette "The Skinny Cow" Ice Cream Sandwiches, Chocolate peanut Butter. (one bar 140 calories, 2.5 g fat, 1 g sat fat).

Chips:

- Pringles Reduced Fat, Original (1 ounce: 140 calories, 7 g fat, 2 g sat fat).
- New York Style Everything Bagel Crisps. (1 ounce: 130 calories, 6 g fat, 2.5 sat fat).
- Stacy's Pita Chips, Simply Naked. (1 oz: 130 calories, 4 g fat, 0 g sat fat).
- Frito Lay Baked Doritos
- Frito Lay Baked Lays
- Kettle Krisps, BBQ & Low Salt
- Mr. Krispers Rice Chips
- Robert's American Gourmet Potato Flyers

Snack Bars:

- Quaker Chewy Granola Bars, Peanut Butter and Chocolate Chunk. Most snack bars are sugar-rich, but at least this one has no Trans fats. (one bar 120 calories, 3.5 g fat, 1 g sat fat).
- Nature's Choice Multigrain Cereal Bars, Apple Cinnamon. A wheat-free, trans-fat-free favorite with apple-pie flavor (one bar 120 calories, 1.5 g fat, 0 g sat fat).
- Barbara's Granola Bars, Cinnamon Raisin, Oats and Honey, Carob Chip & Peanut Butter
- Barbara's Multigrain Cherry, Strawberry & Apple Cinnamon Cereal Bars
- Bodhi Jungle Nut Crunch Bar
- Envirokidz Crispy Rice Bar
- Health Valley Apple Cobbler
- Health Valley Granola Bars
- Health Valley Solar Bars, Berry, Peanut Butter & Chocolate
- Health Valley Strawberry Cobbler
- Kellogg's Nutrigrain Bars
- Kettle Valley Fruit Bars
- Kudos Milk Chocolate Granola Bars, Chocolate Chip & M & M's Flavor
- Nature Valley Bars
- Slim-Fast Chewy Chocolate Nougat Snack Bar.

Dried Fruit and nut mixes:

- House of Bazzini Cranberry Nut Mix.. Plus the cranberries contain cancer-fighting phytochemicals, and the almonds provide calcium, protein and fiber (1/4 cup: 170 calories, 12 g fat, 2 g sat fat).
- Planters Trail Mix Mixed Nuts and Raisins. (1/4 cup: 213 calories, 17.5 g fat, 2 g sat fat).
- Sun-Maid Fruit Bits. A medley of raisins and dried apples, apricots, peaches cherries and plums. (1/4 cup: 120 calories, 0 g fat, 0 g sat fat).
- Blue Diamond Plain Almond
- Blue Diamond Smokehouse Almonds
- Dakota Gourmet Honey Roasted Sunflower Kernal
- Dakota Gourmet Lightly Salted Sunflower Kernal
- David Pumpkin Seeds

- David Sunflower Seeds
- Cal-Tropic Ameri-Mix Fruit & Nut Snack Mix
- Cal-Tropic Totally California Trail Mix
- Planter's "Heat" Hot Spicy Peanuts
- Planter's Peanuts
- Mr. Nature Unsalted Trail Mix
- Natural Value Fruit Leathers, Apricot, Peach, Raspberry, Strawberry
- Kirkland's Trail Mix

Energy bars:

- Snickers Marathon, Multi-Grain Crunch. (one bar: 220 calories, 7 g fat, 2 g sat fat).
- Balance Bar Gold, Caramel Nut Blast. (3/4 of a bar: 158 calories, 5.5 g fat, 3 g sat fat).
- EAS Myoplex Lite, Peanut Caramel Crisp. Has 15 g of protein (one bar: 180 calories, 4.5 g fat, 3 g sat fat).
- Cliff Bars, Chocolate Chip Peanut Crunch, Chocolate Almond Fudge, Cookies and Crème, and Chocolate Brownie
- Frunola Energy Bars
- Luna Bars

Snack Cakes:

- Entenmann's Little Bites Brownies. (two squares: 187 calories, 10 g fat, 2.5 g sat fat)

Popcorn:

- Smartfood Popcorn, White Cheddar. (1 cup: 91 calories, 5.5 g fat, 1 g sat fat).
- Jolly Time Healthy Pop, Butter Flavor. As close to movie-theater popcorn as you can get without the fat (1 cup: 18 calories, 0.5 g fat, 0 g sat fat).
- Crunch 'n Munch Fat Free. (1 cup: 147 calories, 0 g fat, 0 g sat fat)

Cookies:

- Health Valley Mini Peanut Butter Cookies. With 3 g protein per serving, (four cookies: 120 calories, 5 g fat, 1.5 g sat fat)

- SnackWell's Chocolate Chip Bite Size Cookies. (13 cookies: 130 calories, 4 g fat, 1.5 g sat fat).
- Barbara's Snackimals, Oatmeal, Carob Chip, & Vanilla
- Basil's Animal Crackers
- Famous Amos Oatmeal Raisin Cookies
- Fig Newtons

Crackers / Munchie snacks:

- Pretzels
- Gold fish
- Tumaro's Krispy Crunchy Puffs, Tangy BBQ, Natural Corn, Ranch and Herb & Cheddar
- Fresh Fruit
- Fresh Veggies
- Snyder's Pretzels
- Soy Nut Butter Pretzel Sticks
- Robert's American Gourmet Buds
- Robert's American Gourmet Fruity Booty
- Robert's American Gourmet Pirate Booty
- Frito Lay Rold Gold Pretzels
- General Mills Chex Mix
- General Mills Morning Mix
- Genisoy Soy Crisps
- Glad Corn Original A-Maizing Corn Snack
- Golden Nut Chile Y Limon Garbanzos
- Golden Nut Chile Y Limon Havas
- Nabisco Corn Nuts, Original, BBQ, Chili Picante Con Limon, Red Hot, Taco
- Newman's Own Salted Rounds Pretzels
- Pita Cheddar Cheese Snax
- Pita Cinnamon Snax

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Rev03/05