



# Healthy Snacks

Waiakeawaena Elementary School is a Model Health School and requires that all students eat healthy snacks while in school. This rule applies to school functions, birthday celebrations, and home lunches. Below is a quick "cheat sheet" to help determine if a snack is okay for school.

To use the chart, first, look at the food label of the snack. If the first ingredient is sugar, it does not meet the criteria. If sugar is

## Criteria for Selecting Healthy Snacks

From Wellness Policy Guidelines

Product: \_\_\_\_\_

| CRITERIA      |                | Amount | Meets? | Does Not Meet? |
|---------------|----------------|--------|--------|----------------|
| Calories      | ≤ 200 calories |        |        |                |
| Total Fat     | ≤ 8 grams      |        |        |                |
| Saturated Fat | ≤ 2 grams      |        |        |                |
| Trans Fat     | ZERO           |        |        |                |
| Sodium        | ≤ 200 mg       |        |        |                |
| Dietary Fiber | ≥ 2 grams      |        |        |                |
| *Sugar        | ≤ 8 grams      |        |        |                |
|               | Total          |        |        |                |

\*If sugar is listed as the first ingredient, it does not meet the criteria.