

Live Well Community Market Program

Healthy Snacks Guidelines

- 1. Focus on and prioritize whole foods.** Whole foods are not processed, packaged, and they will be perishable (e.g. spoil, go bad, and can't leave on shelf for a long time).
- 2. If processed and packaged, fewer ingredients are better.** Never heard of an ingredient? Sounds like a chemical name you don't recognize? Pass on it. (Or, look it up if you're curious!)
- 3. For processed/packaged snacks,** read the nutrition facts label to decide if the snack meets these rules:
 - a. 250 calories or less**
 - b. No added sugar in the first 3 ingredients** (e.g. high fructose corn syrup, cane sugar, brown rice sugar, honey, coconut sugar, maple syrup, etc.)
 - c. No trans fat**
 - d. Less than (or equal to) 200 mg of sodium** (salt)
 - e. If the snack is a granola bar, it must also have at least 3 grams of fiber**