# Healthier Snack Examples

*means in your kit today

<table>
<thead>
<tr>
<th>Snack Categories</th>
<th>Description</th>
<th>Examples</th>
<th>Where to Buy</th>
</tr>
</thead>
</table>
| Nuts & Seeds     | Nuts, seed, and trail mix | 1. Kar’s Nuts (cranberry and almond delight- trail mix)  
2. Kar’s (Nuts roasted almonds, slightly salted)  
3. Kar’s Roasted, Salted Pistachios  
4. Eden Foods, Pumpkin Seeds pocket snacks, Organic  
5. Sunrich Naturals Lightly Salted Sunflower Kernels  
6. Mr.Nature (Aloha Mix Unsalted)  
7. Planters NUT-trition* (wholesome nut or heart healthy mix packs)  
8. Wonderful Pistachios Roasted & Salted*  
9. Justin’s Peanut or Almond Butter Packets (Plain)* | Kar's Nuts, Vistar, ADS, Kendall Confectionery Company  
United Natural Foods, Inc., Berkshire Natural  
Costa Fruit & Produce, Thurston Foods Inc.  
Target  
Target  
Target |
| Fruits           | Whole or diced fruits e.g., bananas, apples, oranges, and non-sugar added dried fruit | 1. Red apple (Fresh, whole or sliced) (1 medium)  
2. Banana, ripe (Fresh, whole or sliced) (1 medium)  
3. Oranges (Fresh, 1 medium)  
4. Black berries (Fresh, 1 Cup)  
5. Guava (Fresh)  
6. Sun Maid Mediterranean Apricots (4 figs)  
7. Sun Maid Raisins | United Natural Foods, Inc  

Remember: 250 Kcal or less, No added sugar in the first 3 ingredients (high fructose corn syrup, cane sugar, brown rice sugar, honey, coconut sugar, maple syrup), No trans-fat, < 200 mg of sodium, 3g fiber for granola bars
### Healthier Snack Examples
*means in your kit today*

<table>
<thead>
<tr>
<th>Category</th>
<th>Snacks</th>
<th>Stores</th>
</tr>
</thead>
</table>
| **8.** Sun Maid Pitted prunes  
9. Sun Maid Mission Figs  
10. Stretch Island Fruit Strip  
11. Kirkland organic apple sauce  
12. GoGo Squeez Fruit & Veggies on the Go* | Costco                                      |
| **Vegetables** | 1. Carrots (Fresh)  
2. Celery (Fresh)  
3. Cherry tomatoes (Fresh)  
4. Cucumbers (Fresh) | Target                                      |
| **Dairy**      | 1. Mini Babybel Original Semisoft Cheeses  
2. Chobani non-fat plain Greek yogurt (single serve 5.3 oz.)  
3. Sargento String Cheese Serving Size – 1 piece (21g)*  
4. 25% RF Cheddar Cheese Cubes (Land ‘O lakes) – 1 oz. | Costco                                      |
| **Grains**     | 1. KIND Bar (Dark chocolate nuts & sea salt, ca  
2. KIND bar (Dark chocolate cherry cashew + antioxidants)  
3. KIND Bar (Cranberry almond + Antioxidants with macadamia nuts)  
4. Nature Valley protein chewy bar  
5. Kashi chewy granola bar, honey and almond flax  
6. RXBAR (Blueberry)*  
Thurston Foods Inc  
Costco  
Target |

Remember: 250 Kcal or less, No added sugar in the first 3 ingredients (high fructose corn syrup, cane sugar, brown rice sugar, honey, coconut sugar, maple syrup), No trans-fat, < 200 mg of sodium, 3g fiber for granola bars.
### Healthier Snack Examples

*means in your kit today*

<table>
<thead>
<tr>
<th>Chips</th>
<th>(cereal bar)</th>
<th>Costco</th>
<th>Target</th>
<th>Frito Lay</th>
<th>Target</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Chips (e.g. fruit chips, vegetable chips, bean chips) and chip alternatives (e.g. popcorn, dried seaweed, etc.)</td>
<td>1. Bare, Ranch Carrot Chips, baked (1/2 serving)</td>
<td>2. Bare, Sweet Potato Chips, Baked</td>
<td>3. Bare Fruit Crunchy Cinnamon Apple Chips</td>
<td>4. Bare Fruit Crunchy Granny Smith Apple Chips</td>
</tr>
</tbody>
</table>

Remember: 250 Kcal or less, No added sugar in the first 3 ingredients (high fructose corn syrup, cane sugar, brown rice sugar, honey, coconut sugar, maple syrup), No trans-fat, < 200 mg of sodium, 3g fiber for granola bars