

PIONEER HEALTHY SNACK GUIDELINES

Fruits & Vegetables

YES

*Any fresh or frozen
Canned in juice or light syrup
Dried fruit, 100% fruit juice
Unsweetened applesauce*

High vitamins and minerals
Whole foods – little processing
High fiber (no fiber in 100% juice - limit to 6 oz/day)
Deep colors are very beneficial - green, orange, red, purple

Protein Foods

Allergy alert - check before serving

*Tree nuts, peanuts, seeds
Beans & peas
Turkey, chicken, fish
Beef, pork
Eggs*

High calorie, compact energy source - watch portion size
High vitamins and minerals, high fiber
Good source of protein and iron
High in saturated fat - choose lean cuts
Good source of protein & lutein

Dairy Foods

*Milk
Hard cheeses
Cottage, ricotta cheeses
Yogurt*

High protein, calcium, vitamins A and D
High in saturated fat - use skim or 1% milk fat products
Limit full-fat cheeses
Watch added sugar in yogurt

Grain Foods

MAYBE – READ THE LABEL

*Bread, pita, rolls, bagels, tortillas
Crackers, popcorn, baked chips
Cereal, granola bars, trail mix
Muffins, fruit bread
Rice, pasta, oatmeal, corn
Barley, bulgur, quinoa, spelt, rye*

Look for at least 2 grams of fiber per serving
Look for the word “whole” in front of grain name in ingredient list
Look for the “whole (grain)” at or near top of ingredient list
Look for 0 grams of Trans Fat on nutrition facts label
Look for calories from fat 30% or less of total calories
Avoid “partially hydrogenated oil” on ingredient list

High Fat & High Sugar Foods

NO

*Potato & corn chips, cheese curls
Processed meat (bologna, hot dogs)
Processed snack foods
(cookie bars, brownies, crackers)
Baked products
(cupcakes, donuts, pastries, cookies)
Candy & soda
Sports drinks & fruit drinks*

High calories
High sodium
High saturated fat
High trans fat
Little or no fiber
Low nutritional value (few or no vitamins, minerals, protein)
Empty calories from sugar
Sports drinks appropriate during high levels of physical activity