



Academy of Nutrition and Dietetics  
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# Healthy Snacking. In a Nutshell.

## Healthy Snack Shopping List

### In the pantry

- ✓ 100% whole grain crackers and breads
- ✓ Nuts, such as pistachios
- ✓ Fruit, such as apples, papaya, and grapes
- ✓ Dried fruit, such as raisins and dried cherries without sugar
- ✓ Applesauce, natural
- ✓ Whole grain dry cereal, such as toasted oat cereal
- ✓ Nut butters, such as peanut butter
- ✓ Whole grain pasta
- ✓ Whole grain pretzels
- ✓ Beans, such as refried and black
- ✓ \_\_\_\_\_
- ✓ \_\_\_\_\_
- ✓ \_\_\_\_\_

### In the refrigerator

- ✓ Hummus
- ✓ Low-fat dairy (milk, yogurt, and cheese)
- ✓ Vegetables, such as cherry tomatoes, baby carrots and pre-cut red peppers
- ✓ Fruit, such as blueberries, grapes, and pre-cut watermelon
- ✓ Hard boiled eggs
- ✓ Whole wheat tortillas
- ✓ Salsa
- ✓ \_\_\_\_\_
- ✓ \_\_\_\_\_
- ✓ \_\_\_\_\_

### In the freezer

- ✓ Edamame (soybeans)
- ✓ Frozen fruit, such as berries and peaches
- ✓ Frozen low-fat yogurt sticks
- ✓ Whole grain waffles
- ✓ \_\_\_\_\_
- ✓ \_\_\_\_\_
- ✓ \_\_\_\_\_

# Snack Resources

## Team Nutrition, USDA

<http://teamnutrition.usda.gov/Default.htm>

Team Nutrition is an initiative of the USDA Food and Nutrition Service to support the Child Nutrition Programs through training and technical assistance for foodservice, nutrition education for children and their caregivers, and school and community support for healthy eating and physical activity.

Local Wellness Policy:

<http://teamnutrition.usda.gov/healthy/wellnesspolicy.html>

Healthier School Challenge:

<http://teamnutrition.usda.gov/healthierUS/index.html>

Changing the Scene – Improving the School Nutrition Environment:

<http://www.fns.usda.gov/tn/Resources/changing.html>

## Action for Healthy Kids

<http://www.actionforhealthykids.org>

Action for Healthy Kids is an organization working on ways to reduce and prevent childhood obesity and undernourishment. Action for Healthy Kids works with schools, families, and communities to help kids learn to be healthier and be ready to learn.

Wellness Policy Tool: <http://www.actionforhealthykids.org/school-programs/our-programs/wellness-policy-tool>

ReCharge! Energizing After-School:

<http://www.actionforhealthykids.org/recharge>



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