



**KAISER
PERMANENTE.**



Healthy Snack Choices

When choosing snacks you want to choose from foods that are low calorie or what we call "Light Foods".

that are

Light foods are low in fats and sugars and make excellent snack choices. Light foods contain 150-200 calories or less per serving and percent of calories from fat should be 30% or less.

Light foods include:

Non-fat or 1% milk

Reduced fat cheese

Non-fat or 1% cottage cheese

Non-fat or low-fat yogurt

Non-fat or light Refried Beans

Lite Deli Meats

Tuna packed in water

Fresh fruits

Small baked potato (use reduced fat sour cream or non-fat yogurt for a topping)

All vegetables

Lite bread

Low-fat crackers

Unsweetened cereals (some sweetened are low in fat and calories such as Kix)

Corn tortillas

Rice Cakes

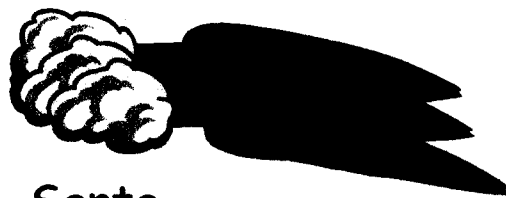
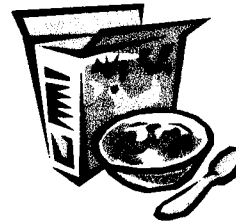
Non-fat or low-fat puddings

Fudgesicles

Sugar-Free Jello

Some reduced fat or reduced sugar desserts*.

Read labels to check for calories per serving. To determine % of calories from fat, multiply the fat grams per serving by 9 and divide this by the total calories per serving.



Snack suggestions:

High fiber cereal with non-fat milk
Reduced fat chips with salsa (in moderation)
Reduced fat cheese sticks
Lite cream cheese on reduced fat crackers or stuffed in celery
English muffin pizza made with pizza sauce and reduced fat cheese
Fresh fruit
Reduced fat pudding
Quesadilla made with reduced fat cheese and salsa
Air popped popcorn
Frozen fruit bar
Non-fat or low-fat yogurt with fruit
Hot cocoa made with skim milk
Graham crackers - three squares
Teddy grams (plain) $\frac{1}{2}$ cup
Oatmeal cookies - 2 small
Carrots and celery with a low-fat dip
Low fat pretzels
Yoplait GoGurts (portable yogurt)
Reduced fat cream cheese on low fat crackers or rice cakes



Avoid these top ten unhealthy snacks!

- 1) Candy
- 2) Regular chips
- 3) Ice cream
- 4) Package cakes and cupcakes
- 5) Fruit flavored drinks
- 6) Pizza snacks
- 7) Doughnuts, pastries
- 8) Nachos
- 9) Regular sodas
- 10) Cookies

