

# Appendix A

## Healthy Snack List

To meet the criteria, snack items can not exceed a:  
 Maximum of 3 g fat per 100 calories; Maximum of 600 mg sodium  
 AND must have at least 12 g of complex carbohydrates per serving

Item	Serving Size (weight)	Grams fat per 100 kcal	Kcal	Sodium (mg)	Complex Carb
Advantage Edge Bar	57 g	2.25 g	220	210	12
Austin Zoo Animal Crackers	30 g	1.5 g	130	95	18
Baked Lays KC Masterpiece BBQ Potato Crisps	1 oz	2.5 g	120	210	20
Baked Lays Original Potato Chips	28 g	1.4 g	110	150	21
Baked Lays Sour Cream & Onion Potato Chips	28 g	2.5 g	120	210	18
Baked Nacho Cheese Doritos	28 g	2.5 g	120	220	20
Barnum's Animal Crackers	30 g	3 g	130	150	16
Bottled Water	8 fl oz	0 g	0	0	0
Chex Mix (ALL FLAVORS)	30 g	3 g	130	410	30
Cliff Bar	68 g	2 g	230	140	25
Columbo Yogurt Cherry Vanilla Light Fat Free	8 oz	0 g	120	110	6
Del Monte Canned Fruit	124 g	0 g	60	10	1
Del Monte Lite Diced Peaches in Extra Light Syrup	4 oz	0 g	50	10	1
Del Monte Lite Mixed Fruit	4 oz	0 g	50	10	17
Dole Fruit Bowl, Pineapple	113 g	0 g	60	10	2
Famous Amos Gingersnaps	24 g	1 g	100	95	12.5
Fig Newtons	57 g	2 g	200	200	22
General Mills Cheerios Cereal	1 oz	1.8 g	110	280	18
Keebler Animal Cookies	56 g	3.1 g	260	290	28
Keebler Chocolate Graham Crackers	31 g	2.9 g	140	105	15
Keebler Cinnamon Graham Crackers	30 g	2.3 g	130	140	14
Keebler Fat Free Zesta	16 g	0 g	60	250	12
Keebler Honey Graham Crackers	31 g	2.9 g	140	140	16
Keebler Iced Animal Crackers	32 g	2.3 g	130	110	18
Keebler Original Graham Crackers	29 g	2.7 g	130	150	16
Keebler Reduced Fat Wheatables	31 g	2.9 g	130	140	14
Kellogg's All-Bran Cereal Original	1.1 oz	1.3 g	80	80	17
Kellogg's Corn Flakes	21 g	0 g	80	150	22
Kellogg's Low Fat Granola Cereal	49 g	1.6 g	190	120	25
Kellogg's Mini Shredded Wheat Cereal Frosted	51 g	0.6 g	180	5	31
Kellogg's Puffed Wheat Cereal	11 g	0 g	40	0	11
Kellogg's Raisin Bran	2.1 oz	0.8 g	190	350	26
Kellogg's Rice Krispies Cereal	33 g	0 g	120	320	26
Kellogg's Special K	21 g	0 g	70	150	12
Lance Saltine Crackers	11 g	3 g	50	105	10
Luna Bars (All flavors except Orange Bliss & Key Lime Pie)	48 g	1.4-2.5 g	180	50-190	12
Nabisco Original Premium Saltine Crackers	18 g	2.9 g	84	264	11

Nabisco Teddy Graham Cookie Cinnamon	30 g	3.1 g	130	150	18
Item	Serving Size (weight)	Grams fat per 100 kcal	Kcal	Sodium (mg)	Complex Carb
Nature Valley Granola Bars	42 g	3.3 g	180	160	18
Nature Valley Trail Mix Bars – Fruit & Nut	35 g	2.9 g	140	95	12
Nutri-Grain Bars (ALL FLAVORS)	37 g	2.1 g	140	110	13
Orville Redenbacher Smart Pop	38 g	1.8 g	110	360	26
Pop Secret 94% Fat Free Popcorn	39 g	1.8 g	110	380	26
Power Bar – Chocolate	65 g	0.9 g	230	75	29
Power Bar – Harvest	65 g	1.7 g	240	80	27
Power Bar – Peanut Butter	65 g	1.5 g	240	120	19
Pretzels (GENERIC)	30 g	0.4 g	120	40	23
Pretzel Sticks (GENERIC)	30 g	0.8 g	120	400	23
Pringles – Fat Free	28 g	0.9 g	70	160	15
Quaker Chewy Bars (ALL FLAVORS)	56 g	3.3 g	120	70	11
Quaker Oatmeal Express	54 g	1.25 g	200	320	24
Raisins	43 g	0 g	140	10	3
Rice Krispies Treats	37 g	2.2 g	160	170	10
Rold Gold Classic Tiny Twists Pretzels	1 oz	0.9 g	110	420	23
Ruffles Wow! Potato Chips (ALL FLAVORS)	28 g	0 g	70	200-230	17
Sunsweet Prunes	40 g	0 g	90	5	21
Teddy Graham Cinnamon Crackers	30 g	3.1 g	130	150	18
Thomas English Muffin Original	57 g	0.8 g	120	200	24
Tostitos Baked Tortilla Chips	28 g	0.9 g	110	200	24
Welch's Grape Juice	10 oz	0 g	170	25	2
Welch's Grapefruit Juice 100%	10 oz	0 g	130	25	3
Yoplait Yogurt (ALL FLAVORS)	6 oz	0-1.6 g	100-190	85-95	6
Nutty Banana Gourmet Muffin	1.8 oz	3.2 g	140	180	12
Blueberry Gourmet Muffin	1.8 oz	2.7 g	130	190	13
Apple Cinnamon Gourmet Muffin	1.8 oz	2.35 g	140	200	13
Cranberry Crush Gourmet Muffin	1.8 oz	2.7 g	130	180	13
Orange Cranberry Gourmet Muffin	1.8 oz	2.7 g	130	170	12
Cherry Chip Gourmet Muffin	1.8 oz	2.88 g	150	160	13
Bran Gourmet Muffin	1.8 oz	3 g	130	300	12
Orange Gourmet Muffin	1.8 oz	2.88 g	140	190	13
Low Fat Chocolate Chip Muffin	1.8 oz	1.54 g	130	70	15
Breadible – Apple Cinnamon	2 oz	2.9 g	170	240	15
Kellogg's Peaches & Cream Yogurt Nutri-Grain Bar	1 bar	2.1 g	140	110	12
Kellogg's Strawberry Yogurt Nutri-Grain Bar	1 oz	2.1 g	140	110	13
Sugar Cookie – 2 pack	1.5 oz	1.8 g	280	190	14
Lemon Cookie – 2 pack	1.5 oz	2.1 g		122	10
Snickerdoodle Cookie – 2 pack	1.5 oz	1.8 g	280	190	14
Oatmeal Raisin Cookie – 2 pack	1.5 oz	1.8 g	280	180	12
Chocolate Chip Cookie – 2 pack	1.5 oz	2.1 g		170	10
Fudge Brownie Cookie – 2 pack	1.5 oz	2.1 g		170	10
Mini Pretzel Packets	.75 oz	0-1 g		292	16
Fruit & Grain Bar – Raspberry	1.3 oz	2.2 g	140	65	14

Fruit & Grain Bar – Strawberry	1.3 oz	2.2 g	140	65	14
<b>Item</b>	<b>Serving Size (weight)</b>	<b>Grams fat per 100 kcal</b>	<b>Kcal</b>	<b>Sodium (mg)</b>	<b>Complex Carb</b>
Fruit & Grain Bar – Blueberry	1.3 oz	2.2 g	140	65	14
Fruit & Grain Bar – Apple	1.3 oz	2.5 g	140	50	14
J & J Jungle Crackers	1 oz	2.5 g	120	55	15
Austin Zoo Animal Cookie	1 oz	1.5 g	130	90	18
Animal Cookie – Cinnamon/Sugar	.9 oz	1.1 g	92	92	12
Animal Cookie – Chocolate	1 oz	2.5 g	121	159	14
Animal Cookie – Iced Pink & White	.9 oz	2.5 g	99	50	14
Animal Cookie – Plain	1 oz	1.4 g	110	95	16
Carnival Crunch	.75 oz	1.9 g	80	180	13
Giant Chocolate Goldfish Grahams	.9 oz	1.2 g	120	300	15
Pretzel Goldfish	.75 oz	2.9 g	80	105	13
Super Pretzel Softstix (2 stix/serving)	.75 oz	2.5 g	90	260	22
Super Pretzel Bites (3 bites/serving)	.75 oz	0 g	100	70	19
Tools for Schools Mini Pretzels	.75 oz	1 g	85	292	13
Chocolate Chip Power Alley Bar	1.8 oz	2 g	200	55	20