

# Healthier Concession Stands Options

## Beverages

Diet Sodas  
 Water  
 Propel Flavored Water  
 Juice Box (100% juice)  
 Gatorade/Powerade Zero  
 Low Fat Flavored Milk

## Frozen

Frozen Fruit Bars  
 Low Fat Frozen Yogurt (8 oz)  
 Frozen Fruit Cups

## Refrigerated Snacks

Apple slices with single serve peanut butter  
 Bananas  
 Yoplait Go-gurt (can also serve frozen)  
 Other Low fat yogurts (Trix)  
 String Cheese

## Other Snacks

Cheddar Chex  
 100 calorie packs  
 Rice Krispies Treats  
 Uncrustable PB & J  
 Quaker Chewy Granola Bars  
 Kashi TLC Granola Bars  
 General Mills cereal bars  
 Clif Kidz Bar  
 Fruit by the Foot  
 Animal Crackers  
 Kellogg's Fruit Snacks  
 Corn Nuts  
 Goldfish  
 Teddy Grahams  
 Baked Chips and Cheetos  
 String Cheese  
 SuperPretzel – warm soft pretzel without toppings  
 Whole Dill Pickles

## General Guidelines for “Healthier” Snacks in Accordance with Healthy Kids Act

- Approx. 200 calories or less
- 400 mg or less sodium
- 10% or less calories from saturated fat (excludes reduced fat cheese)
- 0.5 grams or less of trans fat
- 35% or less calories from fat (excludes nuts, seeds, nut butters and reduced fat cheese)
- 35% or less calories from sugar (excludes fruits and yogurts)

## Larger Food Items Considerations

- Using whole grain bread/buns
- Keeping total calories at or less than 650
- Following these guidelines for saturated fat:

Calories	≤ grams of saturated fat
≤ 149	1 gram
150 - 239	2 grams
240 - 319	3 grams
320 - 419	4 grams
420 - 499	5 grams
500 - 589	6 grams
590 - 689	7 grams