**Nutrition Standards**

*All Smart Snacks must meet one of the following criteria:*

- Whole grain rich
- First ingredient must be a fruit, vegetable, dairy, or protein (meat, beans, poultry)
- Food is a combination of at least 1/4 cup fruit and/or vegetable
- Contains 10% of the Daily Value of one of the nutrients of public health concern (calcium, vitamin D, dietary fiber, potassium)

*Additional Criteria for Smart Snacks:*

- Calories: 200 or less
- Sodium: ≤230 mg
- Total Fat: ≤35% of calories
- Saturated Fat: ≤10% of calories
- No Trans Fat
- Total Sugars: ≤35% of weight (Exception-dried fruit without sugar)

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**For more information:**

**Alliance for Healthier Generation**

For more information on Smart Snacks and the products listed, please visit:

www.healthiergeneration.org

**Contact Us**

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**“To provide nutrition that fuels successful learning.”**

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**SMARTER SNACKING FOR STUDENTS**

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**Parents Guide to Healthier Options**

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**Follow us @DallasISDFood on Instagram**
Smarter snacking fuels students minds for successful learning. For a smart school snack, use this wholesome list of flavorful, healthy snack and beverage options as a guide.

What are Smart Snacks?
All foods and beverages made available to students during the school day are required by federal law to meet Smart Snacks nutrition standards. These changes meet USDA Regulations required by the Healthy, Hunger-Free Kids Act of 2010.

SMART SNACKING OPTIONS
A list of commercial products conveniently found at local retail stores.

Fruits and Vegetables
Fresh fruits and vegetables are always encouraged and approved Smart Snacks.

- Mott’s® Healthy Harvest Applesauce, 3.9oz serving
- Dole® Fruit Bowls in 100% Juice, 4oz
- Del Monte® Fruit Naturals
- Welch’s® Fruit Snacks Reduced Sugar
- Dole® Squeezable Fruit Pouch
- That’s It.® Fruit Bars, 1.2oz
- Sliced Apples & Caramel
- Baby Carrots & Hummus

Dallas ISD understands that the school environment plays an important role in a child’s overall health. The implementation of the Smart Snack rules will promote a consistent message of healthy eating on each campus. Having nutritious food and beverage options available both in and outside the cafeteria contributes to the overall health, well-being and academic success of students.

Dairy/Yogurt

- Danimals® Yogurt Smoothies
- Dannon® Fruit on the Bottom, 6oz
- Dannon Light & Fit® Yogurt, 5.3oz
- Oikos® Greek Non-Fat Yogurt, 4oz
- Oikos® Triple Zero, 5.3oz

Crunchy Snacks

- FIT Real butter Popcorn, 0.3oz
- Popcorn Indiana® Original Kettlecorn, 1oz
- Pepperidge Farm® Whole Grain Goldfish
- Keebler® Honey Graham
- Special K® Cracker Chips
- Cheez-It® made with Whole Grain, 0.75oz
- Rice Krispies Treats® made with Whole Grain, 1.41oz
- Kashi® Chewy Granola Bars
- KIND® Fruit + Nut Bars
- SunChips® Multigrain Snacks

Beverages

Juice
All juice must be ≤6 oz.

- Apple & Eve® 100% Fruit Juice
- Dole® Plus Juice
- Mott’s® Apple Juice
- Minute Maid® 100% Juice

*The brands and products in this brochure are pre-approved smart snacks found on the Alliance for Healthier Generation website.