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 Snacks:

- 200 calories or less
- Sodium – 230mg or less
- Fat ≤ 35% of calories, Saturated fat ≤ 10% calories, No Trans Fat
- ≤ 35% of weight from total sugars (exception – dried fruit without sugar)

For more information:

Alliance for Healthier Generation

For more information on Smart Snacks and the products listed, please visit:
www.healthiergeneration.org

Visit www.dallasisd.org to find the Food and Child Nutrition Services link.

Contact Us

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Parents Guide to Healthier Options

Visit www.dallasisd.org to find the Food and Child Nutrition Services link.
FCNS has prepared a wholesome list of flavorful *snacks for students that meet the Smart Snack guidelines, and provide a healthier and more nutritious option. We encourage parents to utilize this information when looking for a healthier and more nutrition option for their child.

What are Smart Snacks?
New for the 2014-2015 school year, 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.

**Applesauce**
- Mott’s Healthy Harvest Applesauce, 3.9oz serving

**Fruit Cups**
- Dole – Fruit Bowls in 100% Juice, 4oz multiple flavors
- Del Monte Fruit Naturals – multiple flavors

**Dippin’ Stix**
- Sliced Apples & Caramel
- Baby Carrots & Hummus
- Sliced Apples & Yogurt Fruit Dip
- Sliced Apples & Caramel & Peanuts

**Dairy/Yogurt**
- Danimals Yogurt Smoothies
- Dannon Fruit on the Bottom, Low Fat Yogurt
- Oikos Greek Non-Fat Yogurt, 4oz
- Dannon Light & Fit Yogurt, variety packs

**Crunchy Snacks**
- Original Kettle Corn, 1oz
- Fit Real Butter Popcorn, 0.3oz
- Pepperidge Farm Whole Grain Goldfish
- Keebler® Honey Grahams
- Baked or Reduced Fat Chips
- Cheez-It® Crackers with 12g Whole Grain
- Special K® Cracker Chips

Remember to pack your student and/or classmates a Smart Snack to fuel successful learning everyday!

**Beverages**
- Juice
  - All juice must be <6 oz.
  - 100% Fruit Juice, Apple & Eve brand – multiple flavors
  - Dole Plus Juice
  - Mott’s Apple Juice
  - Minute Maid 100% Juice

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

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.