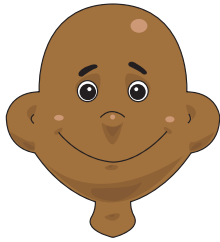


# SMART SNACKING



## EAT MORE OF THESE:

Fruits



Whole grain breads, crackers & cereal



Low fat cheese, yogurt & milk



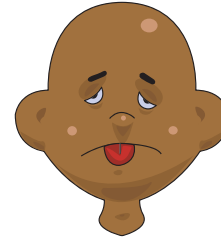
Peanut butter, nuts & eggs



Vegetables



Water, tomato juice,  
low fat milk & 100% fruit juice



## EAT LESS OF THESE:

Fruits in heavy syrup and candy



Cakes, cookies & donuts



Whole milk, ice cream & high fat cheese



Potato chips, flaming hot chips and other fried chips



French fries and other fast foods



Soda & flavored drinks



Alameda County Public Health Department Nutrition Services • 3600 Telegraph Ave. • Oakland, CA 94609

Funded by the USDA's Food Stamp Program through the California Nutrition Network for Healthy, Active Families.

This institution is an equal opportunity provider and employer. The Food Stamp Program provides nutrition assistance to people with low income.

It can help buy nutritious food for a better diet. For information on the Food Stamp Program, call 1-888-328-3483.

# SNACK SMART BY READING THE LABEL

On the ingredients list, remember that the ingredients are listed in order by weight. So, the first ingredient listed is the one in the greatest amount and the last ingredient listed is the one in the smallest amount.

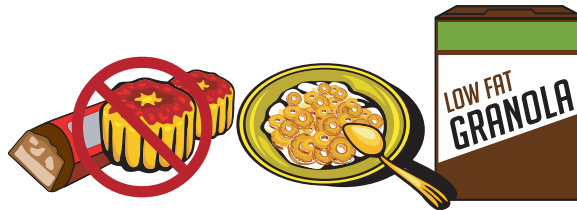
Nutrition Facts		
Mini Pretzels		
Amount Per Serving		
Calories		110
		% Daily Value
Total Fat	0g	0%
Saturated Fat	0g	0%
Trans Fat	0g	0%
Cholesterol	0mg	0%
Total		
Carbohydrate	25g	0%
Dietary Fiber	1g	0%
Sugar	10g	0%
Ingredients: Whole Wheat Flour, Malt, Honey, Sugar, Canola Oil, Yeast, Soda		



## EAT FOODS HIGH IN FIBER

Look for the words "whole grains" in the first three ingredients listed. This will increase your fiber intake. Avoid products that have the words "refined" or "enriched" listed - these products have less fiber.

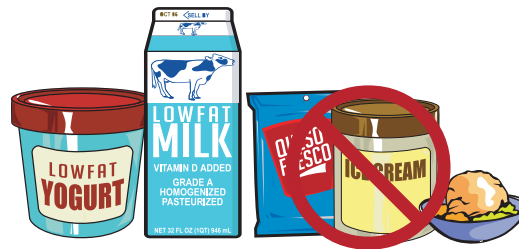
Nutrition Facts		
Cereal		
Amount Per Serving		
Calories		110
		% Daily Value
Total Fat	0g	0%
Saturated Fat	0g	0%
Trans Fat	0g	0%
Cholesterol	0mg	0%
Total		
Carbohydrate	25g	0%
Dietary Fiber	1g	0%
Sugar	10g	0%
Ingredients: Whole Grain Oats, Modified Corn Starch, Sliced Almonds, Sugar, Salt, Calcium Carbonate		



## LIMIT REFINED SUGAR

Look for words like "sugar", "corn syrup", "fructose", "sucrose", "brown sugar" etc. Don't be fooled, these are all added sugars. Choose these foods less often.

Nutrition Facts		
String Cheese		
Amount Per Serving		
Calories		110
		% Daily Value
Total Fat	0g	0%
Saturated Fat	0g	0%
Trans Fat	0g	0%
Cholesterol	0mg	0%
Total		
Carbohydrate	25g	0%
Dietary Fiber	1g	0%
Sugar	10g	0%
Ingredients: Pasteurized Skim Milk, Salt Microbial Enzymes		



## LIMIT SATURATED AND TRANS FATS

Look for words like "partially hydrogenated", "coconut oil or palm oil", "margarine", "whole milk", "fractionated", "shortening", etc. These words listed at the beginning of the ingredients list indicate a high fat product or a product with trans fat. Choose these products less often.