

**LFDCS Healthy Snacking
Foods From Home**

SEND HEALTHY FOODS from this List <i>(single serving sizes)</i>	INSTEAD OF FOODS from this List <i>(these will be sent back home with student)</i>
Fresh Fruit	Chips (Doritos, Takis, Pringles, plantain, etc.)
Canned Fruit (in water, juice, or light syrup)	Donuts, Pastries
Raisins, Freeze-dried Fruit	Lunchables
Fresh Vegetables	Candy, Candy Bars
String Cheese (low-fat or nonfat)	Fruit Snacks
Cottage Cheese (low-fat or nonfat)	Gum
<u>Yogurt</u> —lowfat or nonfat (less than 12 grams ADDED sugar per serving)	Fast Foods (McDonalds, Dunkin Donuts, Wendy's, KFC, etc.)
<u>Popcorn, Pretzels</u> (≤200 mg Sodium)	Deep-fried Foods
<u>Crackers</u> —Stone Ground Wheat, Wheat Thins, Ritz, Triscuit (≤200 mg Sodium)	Veggie Sticks
<u>Tortilla Chips</u> (≤200 mg Sodium)	Mini Muffins
Graham Crackers, Animal Crackers, Lorna Doone	Sugary Desserts (cupcakes, cookies, brownies, flan, etc.)
<u>Goldfish, Cheez-It</u> (≤200 mg Sodium)	
<u>Cereals, Cereal Bars, Granola Bars</u> (Less than 12 grams ADDED sugar per serving)	
Baked Chips, Pop Chips	
Drinks	Drinks
Milk (low-fat or skim)	Soda
Water	Fruit Drinks (non-100% juice)
Sparkling Water/Seltzer (plain or 100% fruit)	Energy Drinks, Sports Drinks
100% juice	Milkshakes
	Coffee, Coffee Beverages
	Tea, Iced Tea