

## Read any good I-a-a-a-labels lately?

Use the label to help you make  
wiser choices.



✓ **ACCEPTABLE** foods should be lower in calories, fat, saturated fat and sugar as below:

- ▶ Calories.....0-250 calories per snack serving/ 0-750 calories per entree
- ▶ Fat.....Less than 4 grams (g) of fat per 100 calories--(not including nuts and seeds)  
Example: 200 calories should contain less than 8g of fat
- ▶ Saturated Fat.....Less than 1.2g per 100 calories  
Example: 200 calories should contain less than 2.4g of saturated fat
- ▶ Trans Fats.....0 grams
- ▶ Sugar.....Less than 10g of sugar per 1 oz (28g) serving (not including fruits or vegetables)  
Example: A 2-ounce (56g) serving should contain less than 20g of sugar

✓✓ **BETTER** foods will meet the criteria of ✓ **ACCEPTABLE** foods, and be lower in sodium and provide some fiber or nutrients as below:

- ▶ Sodium.....No more than 360 mgs per snack serving/ 600 mgs per entree
- ▶ Dietary Fiber.....At least 2g per serving OR
- ▶ Calcium, Iron, Vitamins C or A.....Provides at least 20% of Daily Value (DV) for one of these nutrients  
(without artificially added vitamins or minerals)

(Modified from the California Fit Business Kit Healthy Vending & Dining Guidelines)

These are general guidelines for healthier snacking. If you have special dietary requirements,  
please follow the recommendations of your health care provider.

## Fishing for a Healthier Snack?



*Whole fresh fruits and vegetables  
are the healthiest snack choices.*

Want to learn more about eating and living healthy? Call the Wellness Program at 654-2628  
or visit us at, <http://ceo.countyofventura.org/benefits/wellness>



Promoting Good Health to Help Manage Health Care Costs

When choosing snacks & meals, healthier options are possible when you follow some simple guidelines.

### ✓✓ **BETTER** choices are:

- ~lower in calories
- ~lower in fat & sugar
- ~lower in sodium
- ~higher in nutritional value

(Check the back cover for ✓✓ Better and ✓ Acceptable criteria)



### The best choice for a beverage is water or non-fat or 1% low fat milk.

If you drink fruit juices, make sure they contain 100% fruit or vegetable juice with no added sweeteners.

(Limit the portion size of juice to no more than 12 oz--or even better, no more than 6 oz.)

## When choosing a sandwich:

- ✓ Choose 100% whole grain bread
- ✓ Pile on the veggies! (lettuce, tomatoes, sprouts, etc.)
- ✓ Skip the cheese and choose lean meat (95% fat-free)
- ✓ "Hold the mayo" OR use only 1/2 Tbsp regular (1 packet) or 1 Tbsp light mayo
- ✓ Try a turkey or veggie burger instead of a beef patty (saves about 150 calories)
- ✓ Limit BBQ sauce to no more than 2 Tbsp

## When choosing a salad:

- ✓ Choose dark leaf lettuce or spinach and a variety of raw vegetables and fruits
- ✓ Add beans for fiber and protein; nuts and seeds are nutritious but 1/4 cup contains 160 calories
- ✓ Skip the cheese and save 100 calories per 1 ounce (1/4 cup shredded)
- ✓ Use only 1/2 oz of regular salad dressing or 1 oz of light dressing (standard scoop contains about 2 oz)
- ✓ If you add tuna, macaroni, or egg salad, skip the salad dressing
- ✓ Limit croutons (1 spoonful contains 30 calories)



Caution: Some deli or sliced meats contain about 200 mgs of sodium per ounce.

# These are some **✓✓** wiser snack choices:

## ✓✓ **Whole fresh fruit**

- ✓✓ Fresh fruit bowl 
- ✓✓ Fresh vegetable plate 
- ✓✓ Fruit cup 
- ✓✓ Light yogurt
- ✓ Swiss® lowfat cottage cheese & pineapple

### Nuts & Dried Fruit:

- ✓✓ 1 oz of almonds, sunflower seeds, etc. #
- ✓✓ Snak Club® Trail Mix w/raisins #
- ✓✓ Mr. Nature® (Energizer Mix #, Aloha Mix #)
- ✓✓ Mr. Nature® Selected Fruit Mix #

### Cereals:

- ✓✓ Quaker® Oatmeal Express (all)
- ✓✓ Kashi® Instant Oatmeal (except maple)
- ✓✓ Kashi® cereal bowls
- ✓✓ Raisin bran
- ✓✓ Kellogg's® Cheerios, HoneyNut Cheerios, Frosted MiniWheats, Total



### Chips, Etc.:

- ✓✓ Mrs. Mays Naturals® Crunch #
- ✓✓ Corn Nuts® #
- ✓ Lay's® Baked! (Potato Chips, Doritos & Cheetos) #
- ✓ Chex Mix® #
- ✓ Pretzels (plain & salted, most brands) #
- ✓ Quaker® Quakes
- ✓ Cheez-Its® (Reduced Fat)
- ✓ Wheat Thins® Toasted Chips
- ✓ Pepperidge Farms® Goldfish (Cheese, Pretzels, Animal Crackers) #

### Cookies & Bars:

- ✓✓ Nature Valley® Crunchy Granola Bar
- ✓✓ Kashi® TLC Chewy Granola Bar
- ✓✓ Quaker® Oatmeal To Go
- ✓✓ Power Bar® (Peanut Butter, Apple, Caramel Cookie)
- ✓✓ Power Alley® Chocolate Chip Energy Bar
- ✓✓ Odwalla® Bars (except Sweet & Salty Almond)
- ✓✓ Fiber One® Oats & Chocolate Bar
- ✓ Nabisco® 100 Calorie Packs (Oreos & Chips Ahoy)
- ✓ Graham crackers (plain & cinnamon, most brands)
- ✓ Kellogg's® NutriGrain Cereal Bar
- ✓ Newton's® Fruit Crisps
- ✓✓ Chex Mix® Turtle Bar

### Other:

- ✓ Oberto® Beef Jerky 
- ✓ Jack Links® Jerky (all flavors) 
- ✓ FritoLay® Bean Dip

(Check the back cover for  
✓✓ Better and ✓ Acceptable criteria)



# Warning: Package may contain more than one serving.

Caution: More than 600 mgs of sodium/serving