



# St. Maria Goretti Super Snack List

Snacks are a great way to make a positive contribution to your child's diet and give them a chance to "fuel" their brains to aid in learning. Please refer to this list often to remind you of great foods that might work for your child and their diet. For additional information visit [www.choosemyplate.gov](http://www.choosemyplate.gov)

## Vegetables

The amount of vegetables needed varies accordingly to activity level and age. Most K-8 kids need at least 2-3 cups of vegetables each day. Vegetable snacks include but are not limited to:

- ★ Broccoli spears
- ★ Baby carrots
- ★ Celery sticks
- ★ Cucumber slices
- ★ Cauliflower
- ★ Green or red pepper slices
- ★ Snap or snow peas
- ★ String beans
- ★ Grape or cherry tomatoes
- ★ Zucchini slices
- ★ Green juices, beware of added sugars

If you send dips, please consider the nutritional value of the dip. Some healthier options include: bean, guacamole, hummus, or salsa.

## Fruits

One to two cups of fruit are needed for most K-8 Students each day. Watch for added sugar in processed fruit items. Fruit snacks include but are not limited to:

- ★ Apricots
- ★ Apples
- ★ Bananas
- ★ Cherries
- ★ Grapefruit
- ★ Grapes
- ★ Kiwi
- ★ Oranges or tangerines
- ★ Pears
- ★ Peaches or nectarines
- ★ Pineapple
- ★ Plums
- ★ Raisins
- ★ Craisins
- ★ Berries
- ★ Watermelon, cantaloupe or honeydew
- ★ Smoothies, beware of added sugars

## Healthy Grains

Most K-8 students should have between 2-7 ounces a day and at least half of these should be whole grain. Healthy grain options include but are not limited to:

- ★ English muffins
- ★ Muffins or quick breads with limited sugar
- ★ Whole grain crackers
- ★ Rice cakes
- ★ Popcorn
- ★ Cereal bars with limited sugar
- ★ Quinoa, barley, etc
- ★ Whole grain cereal with limited sugar

## Dairy

Dairy can be an excellent source of calcium and protein which aid in growth and development. Watch for added sugars which diminish the nutritional value. Dairy options include but are not limited to:

- ★ Yogurt or Greek yogurt
- ★ Cottage cheese
- ★ Cheese sticks
- ★ Cheese slices
- ★ Milk
- ★ Non-dairy yogurt
- ★ Non-dairy milk (soy, coconut, rice, almond)

**IMPORTANT: Water should be the drink of choice for snack time. Water satisfies thirst, increases organ functioning and does not have added sugars or fats.**