

Choose Sensibly Overview

January 30, 2005

The words "Choose Sensibly" along with this yellow logo are popping up everywhere in New York State. Those words and that logo identify a snack item that fits within the guidelines set by the New York State School Food Service Association's "Choose Sensibly" campaign. This is a program that endeavors to improve the nutritional quality of the snacks our children are selecting.

We have developed some support material: aprons, cling sheets, buttons, posters, and a PowerPoint presentation suitable for giving to parents and/or school administration.

Guidelines have been set that identify moderate snack choices.

These guidelines are just that, guides not hard and fast regulations.

In setting the guidelines, many possible standards distributed by the Action for Healthy Kids Summit 2003 were considered. They are moderate in nature and based on credible nutrition science.

According to these guidelines a sensible snack will have:

- FAT - 7 GRAMS OR LESS
- SATURATED FAT - 2 GRAMS OR LESS
- SODIUM - 360 MILIGRAMS OR LESS
- SUGAR - 15 GRAMS OR LESS

The standards for beverages are:

- LOW FAT MILK AND LOW FAT FLAVORED MILK
- JUICE WITH 25% OR MORE FRUIT JUICE
- WATER OR FLAVORED WATER WITHOUT ADDED SUGAR, ARTIFICIAL SWEETNERS OR CAFFEINE
- BEVERAGES WITH 10 MILIGRAMS OR LESS CAFFEINE PER SERVING

Many schools have begun to implement these guidelines. This is the first step in improving the nutritional quality of the snacks we offer, not the final destination.

The New York State School Food Service Association will continue to review these guidelines and work with school districts from around New York State.

Snack Guidelines: Total Fat= 7 grams or less, Sat Fat = 2 grams or less, Sodium= 360mg or less, Sugar=15 grams or less								
Beverage Guidelines:								
				updated 4/20/2009				
		Pack Size	Calories	Total Fat	Sat. Fat	Trans Fat	Sodium	Sugar
ACCEPTABLE:								
ADM	Caramel Kick SNX	1 bar (26 g)	100	2.5	1	0	35	6
APPLE & EVE	Fizz Ed Pure Fruit Juice	8.4oz	100	0	0	0	30	21
AZAR NUT COMPA	Animal Snackers Regular 100 ct	1 oz	120	3	0.5		50	8
AZAR NUT COMPA	Animal Snackers Chocolate 100 ct	1 oz	110	4	1		85	8
AZAR NUT COMPA	Carnival Crunch 100 ct	.75 oz	80	1.5	0		180	3
Barrel O'Fun	Nacho Cheese, Black Bean & Salsa Chips	1oz		6	2		160	0
Barrel O'Fun	Rachel's Baked Potato Crisps, Original, BBQ, SC & Onion, Cheddar	1.125oz	130	3.5	0.5	0	220	0
Barrel O'Fun	Jonny Rapp's Baked Fries, Hot, Cheddar & Bacon, Ketchup	1oz	130	4	0.5	0	230	1
Barrel O'Fun	Jonny Rapp's Cheese Balls	.75oz	100	4	0	0	95	1
Barrel O'Fun	Jonny Rapp's Stix O' Cheese	1oz	140	4	0.5	0	125	1
Barrel O'Fun	Jonny Rapp's Stix O'Fire	1oz	130	4	0.5	0	160	1
BEAR NAKED	All Natural Granola Peak Protein	1.35 oz	180	8	0.5		0	7
BROOKSIDE	Xtreme Fruit Bites (Cherry, Apple, Citrus & Strawberry)	1 Package	70	0	0	0	50	15
BROTHERS ALL NA	Crisps Strawberry, All Natural, No Sugar or Sweeteners	30		0	0		0	4
BROTHERS ALL NA	Crisps Pineapple, All Natural, No Sugar or Sweeteners	60		0	0		0	11
CAMDEN CREEK @	Chocolate Chip reduced fat cookie dough 61041	.9 oz		3.5 g	1 g		110	9
CAMDEN CREEK @	Chocolate Chip reduced fat cookie dough 61042	1.6 oz		6 g	2 g		200	15
CAMDEN CREEK @	Oatmeal raisin reduced fat cookie dough 61043	.9 oz		3.5 g	1 g		140	8

		Pack Size	Calories	Total Fat	Sat. Fat	Trans Fat	Sodium	Sugar
CAMDEN CREEK®	Oatmeal raisin reduced fat cookie dough 61044	1.6 oz		6 g	1.5 g		250	15
CAMDEN CREEK®	Sugar - reduced fat cookie dough 61945	.9 oz		3.5 g	1 g		85	9
CAMDEN CREEK®	Sugar - reduced fat cookie dough 61046	1.6 oz		6 g	1.5 g		150	15
CAMDEN CREEK®	Candy - reduced fat cookie dough 61047	.9 oz		3.5 g	1 g		80	9
CAMDEN CREEK®	Candy - reduced fat cookie dough 61048	1.6 oz		6 g	2 g		140	15
CAPE COD	Cape Cod Potato Chips Reduced Fat	.50 oz.		3	1		55	0
CHORTLES	Chortles, mini chocolate chip	1oz		3g	.5g		109mg	
CHORTLES	Chortles, mini choc chocolate chip	1oz		3g	0.5g		105mg	7g
COLONY	Cookies, Banana, Old Colony	1.1oz		6g	1.5g		75mg	9g
COLONY	Cookies, Andes Choc Mint Chip, Old Colony	1.1oz		5g	1.5g		80mg	11g
DAVIS COOKIE CO	IW Christmas cake with frosting 1711	100 cnt	120	3	0.5		50	8
DAVIS COOKIE CO	IW Valentines cake with frosting 1712	100 cnt	120	3	0.5		50	8
DAVIS COOKIE CO	IW St. Patricks cake with frosting 1713	100 cnt	120	3	0.5		50	8
DAVIS COOKIE CO	IW Easter cake with frosting 1714	100 cnt	120	3	0.5		50	8
DAVIS COOKIE CO	IW Patriotic cake with frosting 1715	100 cnt	120	3	0.5		50	8
DAVIS COOKIE CO	IW A + Cinn Mini Pancake 898	120 gm	120	2.5	0.5		190	5
DAVIS COOKIE CO	IW Gourmet French Toast 3/4" 344	24 gm	24	3	1		230	15
DAVIS COOKIE CO	Iced Orange	216/.9 oz	120	4.5	2		120	9
DAVIS COOKIE CO	Iced Oatmeal	216/.9 oz	120	5	2		85	8
DAVIS COOKIE CO	Chocolate Chip	216/.9 oz	120	5	1.5		120	9
DAVIS COOKIE CO	Oatmeal	216/.9 oz	110	4	1		95	8
DAVIS COOKIE CO	Iced Lemon	216/.9 oz	120	4.5	2		120	9
DAVIS COOKIE CO	Molasses	216/.9 oz	110	3	0.5		85	8
DAVIS COOKIE CO	Dutch Cocoa	216/.9 oz	110	4	1		170	9
DAVIS COOKIE CO	Sugar	216/.9 oz	110	5	1		125	7
DAVIS COOKIE CO	Chocolate Chip	180/1.38 oz	170	7	2		170	13
DAVIS COOKIE CO	Oatmeal	180/1.38 oz	170	6	1.5		135	11
DAVIS COOKIE CO	Sugar	180/1.38 oz	170	7	1.5		200	12
DAVIS COOKIE CO	Chocolate Chip, Sugar Free	100/.8 oz	110	5	1.5		140	0

		Pack Size	Calories	Total Fat	Sat. Fat	Trans Fat	Sodium	Sugar
DAVIS COOKIE CO	Oatmeal, Sugar Free	100/.8 oz	100	4.5	1		95	0
DAVIS COOKIE CO	Peanut Butter, Sugar Free	100/.8 oz	80	3.5	0.5		170	0
DAVIS COOKIE CO	Rocky Road, Sugar Free	100/.8 oz	110	6	1.5		130	0
DEWAFELBAKKER	IW A + Cinn Mini Pancake	120/8 ct	190	2.5	0.5		190	5
DEWAFELBAKKER	IW Gourmet French Toast 3/4"	24/1 ct	180	3	1		230	15
DICK & JANE BAKIN	Smart Cookies, States & Capitals	1.1oz	130	3.5	1.5	0	105	9
FLAT EARTH	Apple Cinnamon	1oz	130	4.5	1	0	35	6
FLAT EARTH	Harvest Cheddar	1oz	130	5	1	0	190	3
FRITO LAY	Baked Cheetos - Flamin' Hot	104-.875 oz		5g	1g		240mg	.5g
FRITO LAY	Baked Cheetos - reg	104-.875 oz		5g	1g		240mg	1g
FRITO LAY	Funyuns	104-.75 oz		7g	1g		270mg	<1g
FRITO LAY	Cheetos, Reduced Fat	104 7/8 oz		4	1		280mg	2
FRITO LAY	Kids Munchie Mix (fortified w 8 V&M's)	104-1 oz.		4.5g	1g		240mg	6g
FRITO LAY	Regular Doritos Nacho Cheesier	104-1 oz.		7g	2		200mg	1g
FRITO LAY	Rold Gold Heartzels Pretzels	104-1 oz.		1g	0		240 mg	3g
FRITO LAY	Smartfood Reduced Fat Popcorn	72/.5 oz		3g	0.5		130mg	2g
FRITO LAY	Sunchips French Onion	104-1 oz.		6g	1g		115mg	<1
FRITO LAY	Sunchips Harvest Cheddar	104-1 oz.		6g	1.5g		115mg	2g
FRITO LAY	Sunchips Original	104-1 oz.		6g	1g		115mg	2g
FRITO LAY	Baked Cool Ranch Doritos	88-.75 oz.		2.5g	1g		150mg	1g
FRITO LAY	Baked Lays BBQ	0.875	110	2.5	0	0	115mg	<1
FRITO LAY	Baked Tostito Scoops	0.875	110	2.5	0	0	115mg	<1
FRITO LAY	Baked Doritos Nacho Cheesier	88-.75 oz.		2.5g	0		160mg	1g
FRITO LAY	Potato Chips, Bk'd Ruffles	104-1.125 oz		3.5	0		225	2.25
FRITO LAY	Potato Chips, Bk'd Ruffles, Chedd & Sour Cream	104-1.125 oz		3.5	0.6		248	2.25
FRITO LAY	Potato Chips, Reduced Fat, Ruffles	104-1.13 oz		6.5	1.2		203	0
FRITO LAY	Reduced Fat Doritos	1 oz	130	5	1		220	1
FRITO LAY	Cheetos, Fun Fries	1 oz	130	5	1		240	1
FRITO LAY	Cheetos, Fun Fries, Chili and Cheese	1 oz	130	5	1		240	1
FRITO LAY	Baked Lays Cracker Crisps	.08125oz	100	3	1	0	210	3
FRITO LAY	Baked Cheetos Trax Crackers	.75oz	100	3.5	0.5	0	190	<1
GENERAL MILLS	Fruit Roll-ups, General Mills	.5oz		1g	0g		55mg	7g

		Pack Size	Calories	Total Fat	Sat. Fat	Trans Fat	Sodium	Sugar
GENERAL MILLS	Fun Fruits, General Mills			0g	0g		15mg	14g
GENERAL MILLS	Nutraigrain Bar	37 g		3	0.5		110	13
GENERAL MILLS	On the Go Pouch Cheerios	1-30g	70	1	0	0	130	<1
GENERAL MILLS	On the Go Pouch Cinnamon Toast Crunch	1-30g	120	3	0.5	0	200	9
GENERAL MILLS	On the Go Pouch Cocoa Puffs	1-30g	90	1	0	0	120	8
GENERAL MILLS	On the Go Pouch Golden Grahams	1-30g	120	3	0.5	0	200	9
GENERAL MILLS	On the Go Pouch Fruity Cheerios	1-30g	90	1	0	0	120	8
GENERAL MILLS	Cinnamon Toast Crunch Cereal Bar	1.3oz	150	3.5	0	0	150	10
GENERAL MILLS	Cocoa Puffs Cereal Bar	1.3oz	150	3	0	0	135	9
GENERAL MILLS	Fruity Cheerios Cereal Bar	1.3oz	150	4	0	0	120	10
GENERAL MILLS	Team Cheerios Cereal Bar	1.3oz	150	3.5	0	0	125	10
GENERAL MILLS	Trix Cereal Bar	1.3oz	150	3.5	0	0	135	9
GENERAL MILLS	Honey Nut Sweet 'N Salty	1.75oz	210	6	1	0	300	9
GENERAL MILLS	Simply Chex- Cheddar	1.25oz	140	3.5	0.5	0	260	4
GENERAL MILLS	Simply Chex-Chocolate Carmel	1.2oz	150	4.5	1.5	0	125	9
GENERAL MILLS	Simply Chex- Strawberry Yogurt	1.2oz	150	4	1.5	0	55	7
GENERAL MILLS	Crunchy Oats'n Honey	1.5oz	180	6	0.5	0	160	11
GENERAL MILLS	Crunchy Oats'n Honey	.74oz	90	3	0	0	160	11
GENERAL MILLS	Crunchy Peanut Butter	1.5oz	180	7	1	0	190	11
GENERAL MILLS	Crunchy Peanut Butter	0.74	90	3.5	0	0	95	6
GENERAL MILLS	Chewy Trail Mix Bar- Fruit & Nut	1.2oz	140	4	0.5	0	100	14
GENERAL MILLS	Cheewy Chocolate chip	1.0 oz	110	2.5	0.5	0	50	7
GENERAL MILLS	Chewy oatmeal Rasin	1oz	110	2	0	0	55	9
GENERAL MILLS	Trix Yogurt-Raspberry, Strawberry/Banana, Watermelon	4oz	90	0.5	0	0	50	14
GENERAL MILLS	Go-Gurt Variety Pack, Strawberry & Berry Blue Blast	2.25oz	70	1	0	0	30	10
HI-C FRUIT SNACKS	Assorted Flavors	25g		0	0	0	50	14
HARVEST GROVE	Natural Cinnamon Flavor Gourmet Crackers	28g	110	3	0	0	130	3
HARVEST GROVE	Natural Butter Flavor Gourmet Crackers	28g	110	3g	0	0	252	2
HARVEST GROVE	Optimum Formula BBQ Corn Chips	28g	115	2.5	0	0	310	0
HORIZON	Wild Gourmet multi Grain Crisp	1.3oz	120	1.5g	0	0	120	1
HORIZON	Wild Gourmet Soy Crisps	1.3	110	1.5g	0	0	160	1

		Pack Size	Calories	Total Fat	Sat. Fat	Trans Fat	Sodium	Sugar
J&J SNACKS	Soft Pretzel, Super Pretzel, No Salt Placed on Product	2.5 oz		1	0		160	1
J&J SNACKS	Jungle Crackers™ Vanilla 39080, Mrs. GoodCookie	1 oz		3 g	0 g		60	7
J&J SNACKS	Jungle Crackers™ Fruit Swtnd 39090, Mrs. GoodCookie	1.1 oz		3.5g	0g		60	2
J&J SNACKS	Star Spangled Cookies 38960, Mrs. GoodCookie	1 oz		4 g	1 g		80	7
J&J SNACKS	Icee Cookies 56035, Mrs. GoodCookie	1 oz		4 g	1 g		80	7
J&J SNACKS	Belly Bears™ Chocolate Graham Crackers 56040, Mrs. GoodCookie	1 oz		4 g	0 g		75	7
J&J SNACKS	Belly Bears™ Honey Graham Crackers 56041, Mrs. GoodCookie	1 oz		4 g	0 g		95	7
J&J SNACKS	Belly Bears™ Cinnamon Graham Crackers 56042, Mrs. GoodCookie	1 oz		4 g	0 g		115	7
J&J SNACKS	Belly Bears™ Choc Chip Graham Crackers 56043, Mrs. GoodCookie	1.2 oz		6 g	2 g		100	9
J&J SNACKS	Chocolate Pudding on a Stick 3601 Frostar	1.75 oz		3 g	1 g		60	13
J&J SNACKS	Swirl Pudding on a Stick 3603 Frostar	1.75 oz		3 g	.5 g		60	13
J&J SNACKS	CHERRY Juice on a Stick 3611 Frostar	1.75 oz		0 g	0 g		15	10
J&J SNACKS	Cherry Juice Cups 3940 Frostar	3 fl oz		0	0 g		10	13
J&J SNACKS	Orange Juice Cups 3941 Frostar	3 fl oz		0	0 g		10	13
J&J SNACKS	Grape Juice Cups 3942 Frostar	3 fl oz		0	0 g		10	13
J&J SNACKS	Cherry, Minute Maid Juice Bars	2.25 oz		0	0		10	14
J&J SNACKS	Strawberry, Minute Maid Juice Bars	2.25 oz		0	0		10	14
J&J SNACKS	Blue Raspberry, Minute Maid Juice Bars	2.25 oz		0	0		10	14
J&J SNACKS	Orange, Minute Maid Juice Bars	2.25 oz		0	0		10	14
J&J SNACKS	Pretzels, Soft Baked	2.5 oz		1 g	0 g		150	1
J&J SNACKS	Pretzels, Soft Baked 1 oz	1 oz		0 g	0 g		60	0
J&J SNACKS	Pretzels, Soft Baked 5 oz	5.0 oz		1 g	0 g		320	2
J&J SNACKS	Pretzel Bites, Soft	3 bites		0 g	0 g		70	0
J&J SNACKS	Pretzel Rods, Soft 1 oz	1oz		0 g	0 g		70	0
J&J SNACKS	Pretzel Buns 3 oz	3 oz		2 g	.5 g		320	4
J&J SNACKS	Pretzels, Cinnamon Raisin Soft	2.5 oz		1 g	0 g		220	5
J&J SNACKS	Pretzels, Shamrock w/ Green & White Salt 3432	2.3 oz		1 g	0 g		140	1
J&J SNACKS	Pretzels, Apple w/ Red & White Salt 3433	2.3 oz		1 g	0 g		140	1
J&J SNACKS	Pretzels, Snowman w/ White Salt 3434	2.3 oz		1 g	0 g		140	1
J&J SNACKS	Pretzels, Pumpkin w/ Orange & White 3436	2.3 oz		1 g	0 g		140	1
J&J SNACKS	Pretzels, Heart w/ Red & White Salt 3437	2.3 oz		1 g	0 g		140	1
J&J SNACKS	Pretzelsmiles w/ Yellow & White Salt 3438	2.3 oz		1 g	0 g		140	1
J&J SNACKS	Pretzel Star w/ Blue & White Salt 3496	2.3 oz		1 g	0 g		140	1
J&J SNACKS	Pretzel, Turkey w/ White Salt 3715	2.3 oz		1 g	0 g		140	1
J&J SNACKS	Cinnamon Bun Sticks 3413	2.1 oz		3 g	1 g		200	9
J&J SNACKS	Cinnamon Bun Filler 7266	3.5 oz		2 g	2 g		340	15
J&J SNACKS	Cinnamon Apple Pie 7192	3.5 oz		1 g	0 g		190	6
J&J SNACKS	Cinnamon Apple Pie 7197	3.5oz		1 g	0 g		190	6

		Pack Size	Calories	Total Fat	Sat. Fat	Trans Fat	Sodium	Sugar
J&J SNACKS	Bavarian Stick - 2.4 oz. 3295	2.4 oz		2.5 g	.5 g		350	1
J&J SNACKS	Bavarian Medium - 2.7 oz. 7050	2.7 oz		3.5 g	1 g		240	6
J&J SNACKS	Churros							
J&J SNACKS	Apple- 4110	1.7 oz		7 g	1.5 g		115	10
J&J SNACKS	Raspberry- 4112	1.7 oz		7 g	1.5 g		125	11
J&J SNACKS	Bavarian Creme 4113	1.7 oz		7 g	1.5 g		120	10
J&J SNACKS	Blueberry 4115	1.7 oz		6 g	1.5 g		170	8
J&J SNACKS	Apple-individually wrapped 4147	1.7 oz		7 g	1.5 g		115	10
J&J SNACKS	Raspberry individually wrapped 4148	1.7 oz		7 g	1.5 g		125	11
J&J SNACKS	Bavarian Creme- individually wrapped 4149	1.7 oz		7 g	1.5 g		120	10
J&J SNACKS	Chocolate 3601	1.75 oz		3 g	1 g		60	13
J&J SNACKS	Whole Fruit Juice Bar, orange,cherry,apple & berry	2oz	40	0	0	0	5	7
J&J SNACKS	Whole Fruit Juice Bar, orange,cherry,apple & berry	3OZ	60	0	0	0	10	11
KEEBLER	Animal Crackers, Keebler	1oz		2g	0g		95mg	7g
KEEBLER	Graham Crackers, Keebler							
KEEBLER	Journey Bar, Caramel, Keebler	1.3oz		2.5g	.5g		100mg	13g
KEEBLER	Journey Bar, Chocolate, Keebler	1.3oz		5g	1.5g		90mg	11g
KEEBLER	Journey Cereal Bar Apple Cinnamon	1 Package		3	0.5		105	11
KEEBLER	Journey Cereal Bar Caramel	1 Package		2.5	0.5		100	13
KEEBLER	Journey Cereal Bar Chocolate	1 Package		5	1.5		90	11
KEEBLER	Journey Cereal Bar Peanut Butter with Fudge Chunks	1 Package		4	1		110	12
KEEBLER	Keebler Animal Crackers	1 Package		3	0.5		110	5
KEEBLER	Keebler Apple Cinnamon Graham Selects	1 Package		3	0.5		85	4
KEEBLER	Keebler Chocolate Graham Selects	1 Package		3.5	0.5		120	5
KEEBLER	Keebler Cinnamon Crisp Graham Selects	1 Package		3	0.5		85	4
KEEBLER	Keebler Elf Grahams Chocolate Chip with Calcium	1 Package		5	1.5		90	8
KEEBLER	Keebler Elf Grahams Chocolate with Calcium	1 Package		4.5	1		125	7
KEEBLER	Keebler Elf Grahams Cinnamon with Calcium	1 Package		4.5	1		105	6
KEEBLER	Keebler Elf Grahams Original	1 Package		2	0		50	3
KEEBLER	Keebler Elf Grahams Original with Calcium	1 Package		4.5	1		105	6
KEEBLER	Keebler Elfin Crackers	23 pieces		2.5	0.5		140	8
KEEBLER	Dizy Dinos Fruit Flavored Snacks	1 Package	80	0	0		15	14
KEEBLER	Keebler Rugrats Fruit Flavored Snacks	1 Package	80	0	0		15	14
KEEBLER	Keebler Fudge Nut Brownie	1 brownie		5	1.5		85	14
KEEBLER	Keebler Honey Grahams with Fiber	1 Package		2.5	0		95	4
KEEBLER	Keebler Honey Rite Grahams with Calcium	1 Package		2.5	0.5		95	4
KEEBLER	Keebler Low Fat French Vanilla Graham Selects	1 Package		1.5	0		95	5

		Pack Size	Calories	Total Fat	Sat. Fat	Trans Fat	Sodium	Sugar
KEEBLER	Keebler Low Fat Graham Selects	1 Package		1	0		85	5
KEEBLER	Keebler Scooby-Doo Baked Cinnamon Graham Sticks	1 Package	130	4	0.5		75	8
KEEBLER	Keebler Original Grahams with Calcium	1 Package		3	0.5		95	4
KEEBLER	Keebler Soft Batch Chocolate Chips	1 cookie		3.5	1		70	6
KEEBLER	Keebler Sugar Free Chocolate Chips Cookies	1 Package		6	1.5		90	0
KEEBLER	Keebler Sugar Free Chocolate Crème Sandwich Cookies	3 cookies		7	2		110	0
KEEBLER	Keebler Sugar Free Lemon Crème Sandwich Cookies	3 cookies		6	1.5		55	0
KEEBLER	Keebler Sugar Free Shortbread Cookies	8 cookies		6	1		150	0
KEEBLER	Keebler Sugar Free Vanilla Crème Sandwich Cookies	3 cookies		6	2		55	0
KEEBLER	Keebler Vienna Cremes LSS	7 cookies		5	1		90	11
KOZY SHACK	Rice Pudding	113 grams		3	2		135	14
KOZY SHACK	Rice Pudding no sugar added (splenda)	113 grams		3	2		125	5
KOZY SHACK	Tapioca Pudding no sugar added (splenda)	113 grams		3	2		140	5
KOZY SHACK	Chocolate no sugar added (splenda)	113 grams		3	1.5		120	4
KOZY SHACK	Vanilla no sugar added (splenda)	113 grams		3	2		125	4
KELLOGGS	Austin Vanilla Cremes Cookies	1 Package		7	1.5	3	85	11
KELLOGGS	Austin Cheese & Cheddar Crackers	1 Package		7	1.5	2	220	3
KELLOGGS	Austin Chocolate Cremes Cookies	1 Package		7	1.5	3	150	11
KELLOGGS	Austin Dolphins & Friends Crackers	1 pouch 0.9oz		4.5	1.5	0	220	0
KELLOGGS	Austin Dolphins & Friends Crackers	60 crackers		5	2		260	0
KELLOGGS	Austin Lemon Oh's! Cookies	1 Package		7	1.5	3	95	11
KELLOGGS	Austin SeAnimals Crackers	1 Package		4.5	1	3	90	7
KELLOGGS	Austin Zoo Animal Crackers	16 crackers		2	0	0	90	7
KELLOGGS	Austin Zoo Animal Crackers	16 crackers		2	0	0.5	90	11g
KELLOGGS	Cereal & Milk Bar Frosted Flakes	.91oz		3g	2.5g		90mg	10g
KELLOGGS	Cereal & Milk Bar Frit Loop	0.77oz		3g	2g		75mg	1
KELLOGGS	Club Crackers	4 crackers		3	1	0	140	9
KELLOGGS	Cookie Mates Chocolate	3 cookies		4.5	1	0	130	8
KELLOGGS	Cookie Mates Duplex	3 cookies		4.5	1	0	80	9
KELLOGGS	Cookie Mates Lemon	3 cookies		4.5	1	0	105	9
KELLOGGS	Cookie Mates Peanut Butter	3 cookies		4.5	1	0	100	9
KELLOGGS	Cookie Mates Strawberry	3 cookies		4.5	1	0	105	9
KELLOGGS	Cookie Mates Vanilla	3 cookies		4.5	1	0	105	11
KELLOGGS	Elfin Magic Bar Iced Apple Cinnamon	1 Package		5	1	0	140	8
KELLOGGS	Elfin Magic Bar Iced Banana	1 Package		5	1	0	140	8
KELLOGGS	Elfin Magic Bar Iced Oatmeal Raisin	1 Package		5	1	0	130	15

		Pack Size	Calories	Total Fat	Sat. Fat	Trans Fat	Sodium	Sugar
KELLOGGS	Famous Amos Chocolate Sandwich Cremes	3 cookies	170	7	1.5	0	130	9
KELLOGGS	Famous Amos Chocolate Chip Cookie	4 cookies	150	7	2	0	105	5-Jan
KELLOGGS	Kashi Bars, trail Mix & Peanut Butter	1 bar	140	5	0.5	0	105/90	10
KELLOGGS	Kellogg's Froot Loops Cereal & Milk Bar	1 bar		3	2	0	75	13g
KELLOGGS	Nutrigrain Bars, All flavors, Kellogg	1.3oz		3g	.5g	0	110mg	13
KELLOGGS	Nutri-Grain Cereal Bar Apple Cinnamon	1 bar		3	0.5	0	110	13
KELLOGGS	Nutri-Grain Cereal Bar Apple Cinnamon	1 bar		3	0.5	0	110	13
KELLOGGS	Nutri-Grain Cereal Bar Blueberry	1 bar		3	0.5	0	110	13
KELLOGGS	Nutri-Grain Cereal Bar Raspberry	1 bar		3	0.5	0	110	13
KELLOGGS	Nutri-Grain Cereal Bar Raspberry	1 bar		3	0.5	0	110	13
KELLOGGS	Nutri-Grain Cereal Bar Strawberry	1 bar		3	0.5	0	110	13
KELLOGGS	Nutri-Grain Cereal Bar Strawberry	1 bar		3	0.5	0	110	12
KELLOGGS	Nutri-Grain Granola Chocolatey Chip	1 bar		6	2	0	80	13
KELLOGGS	Nutri-Grain Granola Honey Oat & Raisin	1 bar		4.5	1	0	85	14
KELLOGGS	Nutri-Grain Yogurt Bar Peaches and Crème	1 bar		3	0.5	0	110	14
KELLOGGS	Nutri-Grain Yogurt Bar Strawberry	1 bar		3	0.5	0	110	14
KELLOGGS	Nutri-Grain Yogurt Bar Strawberry	1 bar		3	0.5	0	110	14
KELLOGGS	Nutri-Grain Yogurt Bar Vanilla	1 bar		3	0.5	0	110	14
KELLOGGS	Nutri-Grain Yogurt Bar Vanilla	1 bar		3	0.5	0	110	14g
KELLOGGS	Nutrigrain Yogurt Bars, All Flavors	37g		3g	.5g	0	110mg	14
KELLOGGS	Whole Grain Brown Sugar Cinnamon Pop-Tart	1 pastry	200	7	2	0	170	15
KELLOGGS	Whole Grain Strawberry Pop-Tart	1 pastry	190	5	1.5	0	160	15
KELLOGGS	Pop-Tarts Strawberry	1 pastry		5	1		190	13g
KELLOGGS	Rice Crispy Treats, Kellogs	1.3oz		3.5g	1g		170mg	4
KELLOGGS	Rice Krispies Treats Mini Squares Original	1 bar		1	0.25		50	15
KELLOGGS	Rice Krispies Treats Mini Squares Original	4 bars		4	1		200	13
KELLOGGS	Rice Krispies Treats Original	1 bar 1.3 oz		3.5	1		170	0
KELLOGGS	Right Bites Cheez-it	1 Pouch	100	3	1		270	9
KELLOGGS	Right Bites Chips Deluxe	1 Pouch	100	3	1		95	8
KELLOGGS	Special K Bar Blueberry	1 bar		1.5	1		95	8
KELLOGGS	Special K Bar Strawberry	1 bar		1.5	1		95	8g
KELLOGGS	Special K Bars, Blueberry Kellogg	.81oz		1.5g	1g		95mg	8g
KELLOGGS	Special K Bars, Strawberry Kellogg	.81oz		1.5g	1g		95mg	0
KELLOGGS	Sunshine Krispy Saltines	1 Package		0.5	0		90	0
KELLOGGS	Sunshine Krispy Saltines	1 Package		0.5	0		90	less than
KELLOGGS	Take-Aways Cheez-It White Cheddar Crackers	26 crackers		7	1.5		280	10
KELLOGGS	Take-Aways Cracklin' Oat Bran	1/2 cup		4.5	2		100	0
KELLOGGS	Zesta Saltines	1 Package		0.5	0		70	0

		Pack Size	Calories	Total Fat	Sat. Fat	Trans Fat	Sodium	Sugar
KELLOGGS	Zesta Saltines	1 Package		0.5	0		70	0
								12g
LAND O LAKES	Light Mozzarella String Cheese	1oz	60	2.5	2	0	200	
LINDENS	Cookies, Butter Crunch, Lindens	1.1oz(2pk)		5g	2g		135mg	6g
LINDENS	Cookies, Choc Chip, Lindens	.6oz(1pk)		3g	1g		80mg	11g
LINDENS	Cookies, Fudge Chip, Lindens	1.1oz(2pk)		7g	2g		70mg	12g
LINDENS	Cookies, Lemon, Lindens	1.1oz(2pk)		6g	1.5g		115mg	11g
LINDENS	Cookies, Oatmeal Raisin, Lindens	1.1oz(2pk)		5g	1.5g		85mg	6g
LINDENS	Cookies, Oatmeal Raisin, Lindens	.6oz(1pk)		3g	1g		43mg	11g
LINDENS	Cookies, Choc Chip & PB, Lindens	1.1oz(2pk)		7g	2g		115mg	10g
LINDENS	Mello Crisps, Lindens	1.2oz		3g	0g		170mg	15g
LINDENS	Brownies	2.1 oz		7g	2g		100mg	
LITTLE DEBBIE	Cheddar and Wheat Sandwich Crackers	26g		7g	1.5g		190mg	2g
LITTLE DEBBIE	Cheddar on Cheese Sandwich Crackers	26g		7g	1.5g		190mg	2g
LITTLE DEBBIE	Peanut Butter Cheese Sandwich Crackers	26g		7g	1.5g		190mg	2g
LITTLE DEBBIE	Peanut Butter Toasty Crackers	26g		7g	1.5g		190mg	8g
LITTLE DEBBIE	Ginger Cookies	21g		3g	1g		60mg	14g
LITTLE DEBBIE	Fudge Rounds	34g		6g	1.5g		85mg	13g
LITTLE DEBBIE	Chocolate Chip Cream Pie	34g		6g	2g		95mg	13g
LITTLE DEBBIE	Oatmeal Raisin Cookies	35g		5g	2g		116mg	15g
LITTLE DEBBIE	Fruit Jammers Snacks	28g		1g	.5g		30mg	14g
LITTLE DEBBIE	Fruit Jammers Snacks - Gummy Bears	28g		0g	0g		25mg	8g
LITTLE DEBBIE	Sunbelt Chewy Granola Bar Golden Almond	28g		7g	1.5g		65mg	9g
LITTLE DEBBIE	Sunbelt Chewy Granola Bar Honey & Oats	28g		5g	2g		65mg	12g
LITTLE DEBBIE	Sunbelt S'mores Granola Treats	30g		4.5g	2g		45mg	
								5
MAMA SAYS SOY	Original	1.1 oz		2	0		210	4
MAMA SAYS SOY	Honey Barbecue	1.1 oz		2	0		180	1.2
MAMA SAYS SOY	White Cheddar	1.1 oz		2.8	0		210	2
MAMA SAYS SOY	Apple Cinnamon	1.1 oz		2	0		160	0
MAMA SAYS SOY	Ranch	1.1 oz		2.8	0		360	
								5
MJM MARKETING	Waffle Grahams	.9oz	103	3		0	85	7
MJM MARKETING	Sound Bites	1oz	110	3	1	0	100	7
MJM MARKETING	Dino Bites	1oz	120	3.5	1	0	95	8
MJM MARKETING	Tropical Treats	1oz	110	3	1	0	95	

		Pack Size	Calories	Total Fat	Sat. Fat	Trans Fat	Sodium	Sugar
								8
NABISCO	Chocolate Chips Cookies (2)	21 gm		4.5	1.5		40	8
NABISCO	Oatmeal Raisin (2)	21		4.5	1		85	9
NABISCO	Oreo Thin Crisps, 100 Calorie Packs	.81 oz		2	0		160	3
NABISCO	Wheat Thin Minis, 100 Calorie Packs	.74 oz		3	0.5		200	7
NABISCO	Chips Ahoy, 100 Calorie Packs	.81 oz		3	1		140	2
NABISCO	Ritz Chips Original	.74 oz		3.5	0.5		230	0
NABISCO	Cheese Nips Thin Crisps, 100 Calorie Packs	.74 oz		3	1		250	14
NABISCO	Mini Oreo Bite Size	1.25 oz		7	1.5		190	13
NABISCO	Mini Oreo Bite Size Chocolate Crème	1.25		7	1.5		200	3
NABISCO	Ritz Sticks Crackers	1 oz		5	1		300	6
NABISCO	Animal Crackers	1 oz		3.5	0.5		150	
								12
NATURE VALLEY	Trail Mix Frt & Nut Bars	1.2 oz		4	0.5		95	
								0g
NEWMAN'S OWN	Fig Newmans, Newmans' Own Organics Fat Free	1.6oz/1bar		0g	0g		70mg	1g
NEWMAN'S OWN	Fig Newmans, Newmans' Own Organics Low-fat	1.6oz/1bar		1g	.5g		85mg	
								2
NEW YORK PRETZEL	3.5 oz Hand Twisted Soft Pretzel 100	100	100	0	0		75	2
NEW YORK PRETZEL	6 oz Hand Twisted Soft Pretzel 110	50	50	0	0		130	2
NEW YORK PRETZEL	1.14 oz Hand Twisted Soft Pretzel 122	200	200	0	0		30	
OTIS SPUNKMEYE	Butter Sugar Cookie	1oz/1.33oz	110/150	3.5/5	1/1.5	0	80/105	3gm/11gr
OTIS SPUNKMEYE	Oatmeal Raisin Cookie	1oz/1.33oz	110/150	3.5/4.5	1/1.5	0	80/110	3gm/11gr
OTIS SPUNKMEYE	Chocolate Chip Cookie	1oz/1.33oz	110/150	3.5/5	1/1.5	0	65/90	3gm/11gr
OTIS SPUNKMEYE	Carnival Cookie	1oz/1.33oz	110/150	3.5/5	1/1.5	0	65/85	15
OTIS SPUNKMEYE	Chocolate Chocolate Chip Muffin	1.8oz	170	6	1.5	0	160	15
OTIS SPUNKMEYE	Wild Blueberry Muffin	1.8oz	160	5	1	0	190	15
OTIS SPUNKMEYE	Banana Muffin	1.8oz	170	5	1	0	180	15
OTIS SPUNKMEYE	Apple Cinnamon Muffin	1.8oz	170	5	1	0	160	
								6g
PEPPERIDGE FARMS	Goldfish, Grahams, Pepp Farm	0.9		4g	1g		150mg	0g
PEPPERIDGE FARMS	Goldfish, Cheddar, Pepp Farm	1		5g	1.5g		180mg	0
PEPPERIDGE FARMS	Goldfish, Cheddar	.75 oz		4.5	1		180	0g
PEPPERIDGE FARMS	Goldfish, Parmesan, Pepp Farm	1		3g	1g		200mg	0g
PEPPERIDGE FARMS	Goldfish, Pretzel, Pepp Farm	1		2g	0g		300mg	

		Pack Size	Calories	Total Fat	Sat. Fat	Trans Fat	Sodium	Sugar
								15 g
PERRY'S ICE CREAM	Perry's Lime Buddie	3 oz	100	3	2		25 mg	13 g
PERRY'S ICE CREAM	Perry's Strawberry Yogurt Bar	2.5 oz	80	1.5	1		40mg	6 g
PERRY'S ICE CREAM	Perry's Fudgie	2.5 oz	100	1.5	1		65 mg	14 g
PERRY'S ICE CREAM	Perry's Creamsicle	2.5 oz	100	2.5	1.5		30 mg	15 g
PERRY'S ICE CREAM	Popsicle Scribblers	2.4 oz	60	0	0		0	15 g
PERRY'S ICE CREAM	Nestles Push Ups	2.75 oz	90	1	0.5		15 mg	12 g
PERRY'S ICE CREAM	Reduced Fat Mitey Bite Bar	2.9 oz		3.5 g	1.5 g		75 mg	15 g
PERRY'S ICE CREAM	Reduced Fat Vanilla Sandwich Bar	4 oz		4 g	2 g		95 mg	11 - 14g
PERRY'S ICE CREAM	Reduced Fat Dixie Cup, Van and Choc	3.5 oz		3.5 g	2 g		35 mg	
								2 g
PITA PUFFS	Pita Puffs Baked Cinnamon	.6 oz		2g	0		10	1 g
PITA PUFFS	Pita Puffs Baked Ranch	.6 oz		1	0		117 mg	1
PITA PUFFS	Pita Puffs Baked BBQ	.6 oz		2.5	0		140	1
PITA PUFFS	Pita Puffs Baked Pizza	.6 oz		2	0		230	1
PITA PUFFS	Pita Puffs Baked Habanero Hot	.6 oz		2	0		144	1
PITA PUFFS	Pita Puffs Baked Salsa	.6 oz		1	0		290	
								6
POPCORN, INDIAN	Kettlecorn	1oz	130	5	0	0	130	
								2g
PROTEINTASTEES	Natural Butter Flavor Gourmet Crackers	1 pkg	110	3g	0g		252mg	3g
PROTEINTASTEES	Natural Cinn. Flavor Gourmet Crackers	1 pkg	110	3g	0g		130mg	0g
PROTEINTASTEES	Optimum Formula BBQ Corn Chips	1 pkg	115	2.5g	0g		310mg	
QUAKER	Fruit & Oatmeal Bars, Quaker Strawberry	1.3oz		2.5g	0g	0	120mg	15
QUAKER	Fruit and Oatmeal Bars Very Berry	1.3 oz		2.5	0	0	115	9
QUAKER	Chocolate Chip Chewy Granola Bars	1 oz		4	1.5	0	70	9
QUAKER	Peanut Butter Chocolate Chips Granola Bar Chewy	1-oz		3.5	1	0	85	10
QUAKER	Lowfat Choc. Chunk & Smores Chewy Granola Bars	1oz	110	2	0.5	0	65	5
QUAKER	Red Sugar Chocolate Chip & Peanutbutter Choc. Chip Granola Bars	24gm	100	2	1	0	75	10
QUAKER	Nestle Butterfinger	1 oz		3	1	0	75	11
QUAKER	Nestle Crunch	1 oz		3.5	1.5	0	70	10 g
QUAKER	Caramel Rice Cakes	1.91 oz		0.5 g	0 g	0	250 mg	0
QUAKER	Cheddar Rice Cakes	1.67 oz		3	0	0	270	15
QUAKER	Breakfast Cookie, Choc. Chip & Oatmeal Raisin	1.7oz	180	4.5	1.5	0	190	14
QUAKER	Oatmeal to Go, Raisin, Brown Sugar & Apple Cinnamon	1.4oz	150	2.5	0.5	0	160	
SNYDER's	chip potato regular	60/1 oz		6g	1.5g			250mg

		Pack Size	Calories	Total Fat	Sat. Fat	Trans Fat	Sodium	Sugar
SNYDER's	chip salt/vinegar	60/1 oz		6g	1.5g			360mg
SNYDER's	pretzel sourdough special	60 / 1.5 oz		0	0			1
Stacey's Pita Chips	Stacey's Parmesan Garlic & Herb	1.375oz	190	7	1	0	270	<1
Stacey's Pita Chips	Stacey's Pita Chips Simply Naked	1.375oz	130	5	0.5	0	270	9
Stacey's Pita Chips	Stacey's Pita Chips Cinnamon & Sugar	1.375oz	200	7	0.5	0	180	
								6
SUPER SNAX	Cinnamon Toast Bites	1 oz		4	0.5		210	1
SUPER SNAX	Pretzel Poppers Blazin' Hot	1 oz		3.5	1		230	1
SUPER SNAX	Pretzel Poppers Cool Ranch	1 oz		3.5	0.5		330	1
SUPER SNAX	Pretzel Poppers Sour Cream and Onion	1 oz		4	1		180	1
SUPER SNAX	Pretzel Poppers Zesty Pizza	1 oz		3.5	0.5		170	7
SUPER SNAX	Wild Things (Animal Crackers)	1 oz		3	0.5		55	
								5
DEWAFELBAKKER	IW A + Cinn Mini Pancake	120/8 ct	190	2.5	0.5		190	15
DEWAFELBAKKER	IW Gourmet French Toast 3/4"	24/ 1 ct	180	3	1		230	
								5
SUPER BAKERY	IW A + Cinn Mini Pancake	120/ 2.2 oz	210	2.5	0.5		190	15
SUPER BAKERY	IW Gourmet French Toast 3/4"	24 1.8 oz	150	3	1		230	14
SUPER BAKERY	Reduced Fat Super Donut	80/2.2 oz	80	210	7		270	15
SUPER BAKERY	Red Fat Ultra Muffin Blueberry	72/1.8 oz	72	150	4		240	7
SUPER BAKERY	Marshmallow Crispy Squares	100/8 oz	100	90	2		115	10
SUPER BAKERY	Marshmallow Crispy Squares	64/1.2 oz	64	130	3		170	14
SUPER BAKERY	Marshmallow Crispy Squares	50/1.6 oz	50	180	4		230	15
SUPER BAKERY	Whole Wheat Apple Cinn Mini Loaf	80/2 oz	90	190	7		190	
SUNBUTTER	Golden Deluxe trail Mix	30gm	130	6	1	0	50mg	9
SUNBUTTER	Honey Coated Snackwave trail Mix	28gm	137	6	1	0	67mg	
								1g
WISE	Cheese Doodle (Mac & Cheese)	.75 oz.		7g	1.50g		180mg	0
WISE	Premium Original Popcorn	.50 oz.		5g	1g		190mg	0
WISE	Flavored Onion Rings	.50 oz.		3g	1g		210mg	<1g
WISE	Premium White Cheddar Popcorn	.50 oz.		6g	1g		200mg	0
WISE	Cape Cod Potato Chips Reduced Fat	.50 oz.		3	1		55	
								0.5
MISCELLANEOUS	Pretzel Rod	1/2 oz 1 rod		0.5	0		305	
								31
TROPICANA	Apple Juice 100%	10 oz	140	0	0		15	28

		Pack Size	Calories	Total Fat	Sat. Fat	Trans Fat	Sodium	Sugar
TROPICANA	Orange	10 oz	140	0	0		20	16
TROPICANA	Apple Juice 50%	10 oz	65	0	0		10	16
TROPICANA	Mixed Berry	10 oz	65	0	0		10	16
TROPICANA	Grape	10 oz	210	0	0		15	
								19
WADDA JUICE	White Grape Juice (50%)	8 oz	80	0	0		5	13
WADDA JUICE	Watermelon WaddaBlast (50%)	8 oz	50	0	0		10	13
WADDA JUICE	Fruit Punch (50%)	8 oz	50	0	0		10	13
WADDA JUICE	Lemon WaddaBlast (50%)	8 oz	50	0	0		10	13
WADDA JUICE	Apple Wadda Juice (50%)	8 oz	50	0	0		4	13
WADDA JUICE	Wild Berry (50%)	8 oz	50	0	0		4	



Department of Family Medicine, Stony Brook University
NYSDOH Healthy Heart Program

Non-Food Classroom Birthday Party Celebration Ideas

CELEBRATE MONTHLY BIRTHDAYS TOGETHER

Choose a day each month to acknowledge those birthdays.

Fun classroom activities include:

- Games such as Trivial pursuit, Pictionary, Charades, and Karaoke
- Special movie
- Arts and crafts
- Special Birthday table

ACKNOWLEDGE ACTUAL BIRTHDAYS FOR EACH STUDENT

On the actual Birthday of the student, take a few minutes at the start of class to acknowledge this event.

Some ideas include:

- Having the class sing "Happy Birthday" to the student
- Display a special flag or banner each morning someone has a birthday
- Hang a special pillowcase over the back of the birthday child's chair
- Have a special birthday box supplied with non-food items such as small toys, stickers, and pens in which they can choose from.
- No homework pass

*Parent/family member of student can be invited to read a special book or do another activity with class - most popular

- parent does craft with class

BIRTHDAY PRIVILEGES - parent reads to class

Give the Birthday student a special privilege of his/her choice.

Some ideas include:

- Have lunch with the teacher
- Choose seat for the day
- Lunch with a parent
- Special class chore
- Extra recess or gym time
- Birthday throne
- Announce morning messages

