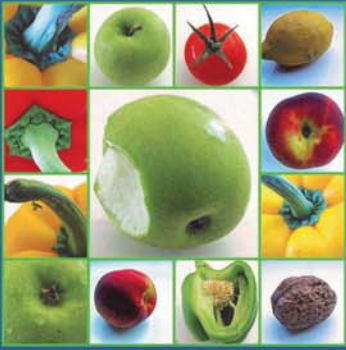


# Healthy Snack Food Guidelines

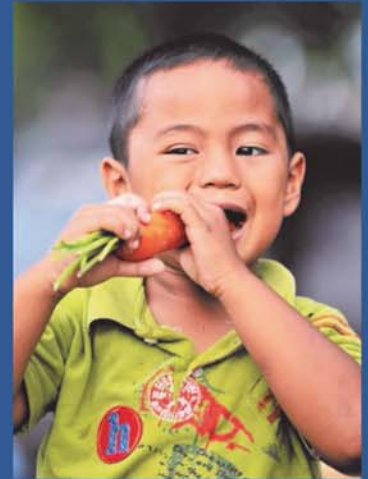


Developed by the Healthy Kingston for Kids Partnership.  
Endorsed by the Ulster County Department of Health.

## A Healthy Snack Will Contain:

- 7 grams or less of fat\*
- 2 grams or less of saturated fat\*
- 0 grams of trans fat
- 15 grams or less of sugar
- 250 milligrams or less of sodium
- No artificial sweeteners

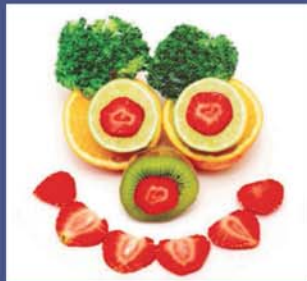
Vending snacks should be 1 serving per pkg.  
\* Nuts and Seed snacks excluded from this limitation.



These nutrient standards are adapted from the Choose Sensibly Guidelines created by the NY School Nutrition Association (NYSNA). All programs serving youth in Ulster County are encouraged to adopt these guidelines. Healthy snacks make a positive contribution to children's diets and health. An emphasis on serving fruit and vegetables as primary snacks, and water as the primary beverage, is desirable. Vending machines play a significant role in an after school environment and reading nutrition labels makes it possible to select a healthy snack.

## GOING FOR THE GOLD

Programs serving youth are encouraged to exceed the minimum snack guidelines and strive for the healthiest choices possible! The BRONZE standards in the tables are the basic guidelines. Programs that successfully implement this policy, as demonstrated by the snacks served on a regular basis, will be recognized formally by the Ulster County Department of Health for their exemplary performance. Successful programs will receive a certificate, stating their level of achievement (Bronze, Silver, Gold) according to the tables.



Cornell University  
Cooperative Extension  
Ulster County



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Michael P. Hein  
County Executive

HealthAlliance  
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Adopted for use by Creating Healthy Places, a program coordinated by Cornell Cooperative Extension of Ulster County, and funded by the NYS Department of Health.



# Snack Guidelines

BRONZE Healthy	SILVER Healthier	GOLD Healthiest	REMEMBER!
	<b>Fats</b>		
7 grams or less of fat	5 grams of total fat or fewer per serving	3 grams of fat or fewer per serving	<i>No differentiation between saturated and unsaturated fat; when total fat is considered, saturated fat tends to be low.</i>
	<b>Sugars and Carbohydrates</b>		
15 grams or less of sugar. All candies are considered unhealthy.	30 grams or less of carbohydrates per serving. All candies are considered unhealthy.	30 grams or less of carbohydrates per serving. All candies are considered unhealthy.	<i>The level of carbohydrates is set at 30 grams to include a large variety of foods.</i>

## SNACK GUIDELINES

**\*Nuts and Seeds** are exempt from fat guidelines. Nuts and seeds are high in monounsaturated fat, which can help to lower “bad” LDL cholesterol and maintain “good” HDL cholesterol.

**Fruit**  
Unsweetened fruit in any form and portion size is allowed. Fruit is not restricted by carbohydrate standards. Fruit provides vitamins, minerals, anti-oxidants and dietary fiber that are beneficial to an overall balanced diet.

# Beverage Guidelines

REMEMBER!	BRONZE Healthy	SILVER Healthier	GOLD Healthiest
<i>Milk in any form provides vitamins and minerals, but low-fat version is preferred. Soy milk or lactose free milk can be substituted.</i>	<b><u>Milk</u></b> Low & reduced fat milks containing less than 30 grams of sugar per 8oz serving.	Low fat or reduced fat milk, any flavor, with less than 30 grams of carbohydrates per 8oz serving.	Non-fat or 1% unflavored milk.
<i>It is nutritionally better for children to eat fruits rather than to drink the juice, because of the extra calories from the natural sugar, and the risk of obesity.</i>	<b><u>Juice</u></b> 0-6oz portions of 100% fruit or vegetable juice or fruit juice combined with water; no added sweeteners.	0-4oz portions of 100% fruit or vegetable juice or fruit juice combined with water; no added sweeteners.	Juice is not a necessity for children to drink. Low fat/fat free milk and water are preferred healthy beverages, over 100% juice.
<i>Water is contained in every cell, tissue and organ and plays an important role in several bodily functions. CACFC (Child Advocacy Center of Fairfield County) &amp; OCFS (Office of Child &amp; Family Services) recommend that water be freely available at all times.</i>	<b><u>Water</u></b> Water or flavored waters shall not contain added sugar, artificial sweeteners, or caffeine.	Beverages containing 50 or fewer calories per 12oz serving.	Pure or flavored sparkling water.