

Look for these Healthier Snacks!

When you need extra energy, supplement your meals with **SNAC-Approved “Best Bite” Snacks.**

They're lower in saturated/trans fat (≤ 3 g) AND higher in fiber (≥ 3 g), protein, and/or other nutrients.

Available at COC's Cougar Café and/or Vending^V:

Fresh fruit or fresh fruit cup

^VBake-dried fruit (^V*Brother's All Natural Fruit Crisps*)

Fresh vegetable cup

Fat free or 1% low fat milk or chocolate milk

100% Fruit juice* (10 oz. bottle) or Juicy Juice Sparkling fruit (8 oz. can)

Part skim string cheese, low fat yogurt, or yogurt/granola cup

Cereals with ≥ 3 g fiber per 100 calories (*oatmeal, all Kashi cereals, Total Raisin Bran, Cheerios, and Frosted Mini Wheats*)

^VBars with ≥ 3 g fiber (^V*Kashi TLC granola bar, ^VKashi Go LEAN crunchy bar,*

^V*Clif bar, Luna bar, Odwalla bar, Fiber One bar, and ^VMareblu Naturals vegan/gluten-free/peanut-free trail mix bar*)

^VBars with ≤ 3 g saturated fat AND ≥ 15 g protein (^V*Detour bar*)

^VChips with ≥ 3 g fiber (^V*Sun Chips and Food Should Taste Good multigrain tortilla chips*)

^VAlmonds* (1.5 oz. bag or 1/2 of a 3 oz. bag is 240 healthy calories)

^VPistachios* (2.25 oz. bag or 1/2 of a 4.5 oz. bag is 170 healthy calories)

^VTrail mix* (1.66 oz. bag or 1/3 of a 5 oz. bag is ~225 healthy calories)

* Nuts are a good source of unsaturated fats, protein, fiber, & other nutrients. And, fruit juice is a good source of vitamin C. However, they're high in calories, so watch your portion (unless you are trying to gain weight!).