

Attachment 1

Healthy Choices List

(List is not all inclusive)

Proper portion size is important to healthy eating.

- Raw vegetable sticks/slices with low fat dressing or yogurt dip
- Fresh fruit and 100% fruit juices
- Frozen fruit juice pops
- Dried fruits (raisins, banana chips, etc.)
- Trail mix/Party mix (dried fruit, nuts, cereal, pretzels, etc.)
- Soy nuts, dry roasted peanuts, walnuts, almonds, pecans, and other tree nuts (avoid coconut or palm nuts)
- Low-fat meat and cheese sandwiches
- Baked crackers (e.g. Goldfish crackers)
- Baked corn chips and fat-free potato chips with salsa and low-fat dips
- Low-fat muffins, low-fat cookies, and granola bars
- Angel food and sponge cakes
- Flavored yogurt and fruit parfaits
- Low-fat pudding cups
- Low-fat ice creams, frozen yogurt, sherbets
- Low-fat and skim milk products
- Unbuttered popcorn
- Rice Cakes
- String cheese
- Single serve fruit cups in natural or light syrup
- Graham and flavored crackers
- Whole grain cereals and bagels
- Water and water products
- Sugar free gelatin

Non food item suggestions to send with your student on their special day:

- Stickers, erasers, paper
- Pencils, pens, markers
- Bookmarks or books
- Activity/game sheets
- Trinkets