

Healthy Snack Food and Beverage Policy Product List

The purpose of the policy and standard is to promote good health among Long Beach residents, and to make Long Beach a healthy “world class” city.

The nutrition standards outlined in this policy have been established based on the standards used by California schools (SB 12), as well as those standards developed and successfully implemented in other cities and counties with food and beverage policies. These standards are also consistent with many of the nutrition messages provided in the *Dietary Guidelines for Americans*. The Dietary Guidelines Advisory Committee, which is jointly established by the U.S. Department of Agriculture and the U.S. Department of Health and Human Services, has created the *Dietary Guidelines for Americans* with the purpose of providing science-based advice to promote health and reduce the risk of chronic disease through diet and physical activity.

The specific beverage criteria for “healthy beverages” is as follows:

- Fruit and/or vegetable based drinks that contain at least 50% real juice and contain no added caloric sweeteners.
- Plain drinking water.
- Carbonated or seltzer water with no added caloric sweeteners.
- 1% low fat or nonfat unflavored animal derived milk products.
- Plant derived dairy alternative products (soy, rice, etc.) that contain no more than 12 grams of sugar per one cup of beverage.
- Artificially sweetened electrolyte beverages (sports drinks) and vitamin waters.
- Adults may have coffee, tea, and diet sodas.

The specific product criteria for “healthy snacks” is as follows:

- 35% or less of calories from fat.
- 10% or less of calories from saturated fat.
- 35% or less of sugar by weight.
- 250 calorie maximum per single serving.
- 0 grams of trans fats per serving.
- 360 mg or less of sodium per serving for at least one option (snack vending only).

City staff are encouraged to following the following recommendations when planning refreshments for any City function.

- Snack foods should emphasize fruits, vegetables, whole grains and low fat (1%) or nonfat dairy products.

All flavors of each product listed are allowable unless flavor is specifically noted. Availability may vary. This list provides a sample of common items and is not intended to include every snack food item and beverage that meets the nutrition standards.

- Items with 2 or more grams of fiber per serving are healthful.
- When serving vegetables, use store prepared or prepackaged items.
- Smaller portions of fruit juices are more healthful. Recommended portion for children is 4 oz and for teens and adults is 6 oz.
- Unsalted or lightly salted varieties of foods are beneficial. Select snack items with 360 mg of sodium per serving or less.

In instances where entrees are served at meetings, programs, or events, City staff members are encouraged to purchase items that promote good health. Recommendations include:

- Avoid fried foods and cream sauces.
- Include at least one vegetable- fresh or cooked with no butter or cream sauces added.
- Serve salads with dressing on the side - choose low fat or reduced fat dressings.
- Include whole grain breads, bagels, pastas, cereals, rice, tortillas, etc.
- Choose lower fat/lower calorie desserts: cut up fresh fruit, low fat yogurt, frozen yogurt, sherbet or sorbet
- Choose lean protein foods like skinless poultry, lean meats, or tofu.
- Include a vegetarian option.

Healthy Snack Foods List

BARS

Cliff Bars – Energy Bars, Kids Z Bars

Corazona's Mrs. May Trio Bars **Fiber**

One Bars

Kashi - TLC Bars, Go Lean Bars

Luna Bars

Nature Valley – Crunchy Granola Bar, Chewy Trail Mix Fruit and Nut Bar

Nutrigrain - Cereal Bars, Fruit Fusion Bars, Yogurt Bars

Odwalla Bars

Quaker - Chewy Granola Bars, Chewy 90-Calorie Granola Bars, Cereal Bars, Oatmeal To Go Bars, True Delights Chewy Granola Bars

Special K – Bars, Fruit Crisps



Healthy Tip: Choose bars that are lower in calories and contain whole grains. Whole grains are listed on the product's ingredient as "whole_____".

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BREADS

Oroweat – English Muffins

Sarah Lee – Toaster Size Bagels, Mini Bagels, Pita, English Muffins

Sunmaid Raisin Bread

Thomas' Bagel Thins, English Muffins

Van de Kamps – English Muffins, Bagels



Healthy Tip: Choose bread products that are made with whole grains. Whole grains are listed on the product's ingredient as "whole_____".

CHIPS

Baked!

Cheetos Fantastix – Chili Cheese, Flamin Hot

Doritos Nacho Cheese Reduced Fat

Padrinos Reduced Fat Tortilla Chips

Pirates Booty – Aged White Cheddar

Pop Chips

Stacy's – Pita Chips, Bagel Chips

Sun Chips



Healthy Tips: Choose chips that are lower in calories and sodium.

CHEESE

Any low fat or reduced fat brand or type including low fat or reduced fat - cream cheese, soft cheese, hard cheese, and string cheese.



Healthy Tip: Choose cheeses that are lower in calories and sodium.

CRACKERS/COOKIES

Austin Zoo Animal Crackers

Barnums Animal Crackers

Cheese Nips Reduced Fat Cheddar

Goldfish Grahams

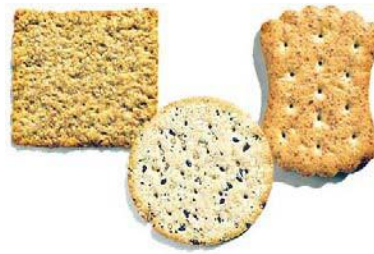
Honey Maid Grahams

Kashi – TLC Snack Crackers, Pita Crisps, Heart to Heart Whole Grain Crackers

Keebler – Club Reduced Fat, Vanilla Wafers, Animal Crackers Cookies, Animal Iced Cookies, Scooby Doo Graham Cracker Sticks, Grahams Original, Grahams Honey, Grahams Cinnamon, Zesta Original, Zesta Whole Wheat Saltine

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Keebler Town House – Reduced Fat, Flip Sides Pretzel Crackers Reduced Fat,
Flatbread Crisps, Toppers Multigrain
Miltons Baked Snack Crackers
Original Premium Saltine Crackers
Ritz Crackers Reduced Fat Wheat, Toasted Chips
Red Oval Farms Stoned Wheat Thins
Stauffers Animal Crackers Original
Teddy Grahams
Triscuit
Wheat Thin – Original, Toasted Chips



Healthy Tip: Choose whole grain crackers and those with the least sodium. Whole grains are listed on the product's ingredient list as "whole_____".

DIPS

Any brand or type of plant based dip including vegetable or fruit salsa, hummus, pesto spread, and guacamole.



Healthy Tip: Choose salsa more often. It is lower in calories than other plant based dips. Choose low sodium varieties when possible.

FROZEN DESSERTS

Any brand or type of sherbet, nonfat frozen yogurt, sorbet, sorbetto, popsicles, or fudge bars

Nestle Skinny Cow - Ice Cream Sandwiches
Kroger/Vons - Low Fat Ice Cream Sandwiches



Healthy Tip: Choose lower calorie frozen desserts when possible.

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FRUITS AND VEGETABLES

Fresh – all types and varieties

Dried Fruits – any brand or type without added sugars

Ocean Spray Craisins

Mariani - Mixed Fruits, Pitted Prunes

Premium Orchard – Dried Plums, Dried Apricots



Healthy Tip: Choose fresh fruits and vegetables more often than dried. Fresh varieties are much lower in calories because they contain water.

NUTS – WE ARE A NUT FREE CAMPUS - PLEASE RESPECT THIS FOR OUR STUDENTS

Healthy Tip: Choose lightly salted or unsalted nuts when possible. These varieties have less sodium.

POPCORN

Act II – 94% Fat Free Butter

Jolly Time – Homemade, 100 Calorie Healthy Pop Butter, 100 Calorie Healthy Pop Kettle Corn, Low Sodium 100 Calorie Healthy Pop Butter, Healthy Pop Butter, Healthy Pop Kettle Corn, Healthy Pop Caramel Apple, Healthy Pop Crispy White Natural Flavored

Newman's Own – 94% Fat Free, Natural 100 Calorie Mini Bags

Orville Redenbacher's Microwave Popcorn Smart Pop

Pop Secret – 94% Fat Free Butter, 94% Fat Free Kettle Corn, 100 Calorie Pop

Smart Balance – Light Butter Mini Bags, Smart and Healthy



Healthy Tip: Choose popcorn varieties that are lower in calories and sodium.

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PRETZELS

Bachman Pretzels

Old Dutch Pretzels

Snakr's – Twist Pretzels, Mini Twists, Waffle Pretzels

Snyder's of Hanover – Sourdough Pretzels, Old Tyme Pretzels, Pretzel Rods, Honey Mustard and Onion Lightly Seasoned Pretzels

Royal Gold – Butter Checkers Pretzels, Cheddar Tiny Twists Pretzels, Cheesy Garlic Pretzel Nuggets, Cinnamon Raisin Braided Twists, Classic Style Pretzel Sticks, Classic Style Pretzel Rods, Classic Style Tiny Twists, Everything Bagel Pretzel Rings, Fat Free Tiny Twists Pretzels, Sourdough Pretzels, Honey Mustard Tina Twists Pretzels, Honey Wheat Braided Twists



Healthy Tip: Choose pretzels that are lower in sodium.

SNACK MIX

Chex Mix

Nabisco – Mixers Snack Mixes, 100-Calorie Snack Mix Packs

Quaker Snack Mix Kids Mix

Snakr's – Party Snack Mix, Original Snack Mix



Healthy Tip: Choose snack mixes that are lowest in sodium and calories.

TRAIL MIX – AVOID NUTS PLEASE

Any brand or type without added sugar or fats

Healthy Tip: Choose trail mixes that are lowest in calories and sodium.



YOGURT

Activia, Alta Dena, Chobani, Dannon, Stonyfield Weight Watchers, Yoplait



Healthy Tip: Choose nonfat, low fat or light yogurt.

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Healthy Beverage List

CALORIE FREE

Tap Water

Plain bottled water – any brand

Sparkling mineral water – any brand

Unsweetened ice tea – any brand

Diet soda – any brand (non youth oriented)

Diet ice tea – any brand (non youth oriented)



Healthy Tip: Choose beverages without any added sweeteners.

FRUIT JUICE

100% Fruit juice – any brand or flavor

50 - 100% fruit juice with no added sweeteners – any brand or flavor



Healthy Tip: Serve small portions of fruit juice (4 oz for children and 4 or 6 oz for adults).

VEGETABLE JUICE

50 - 100% Vegetable juice or 50 - 100% vegetable and fruit juice mixes with no added sweeteners – any brand or flavor



Healthy Tip: Choose vegetable juices with lower levels of sodium.

MILK & NON DAIRY MILK ALTERNATIVES

Unflavored nonfat or 1% low fat milk – any brand

Soy Dream – Classic Original, Enriched, Enriched Vanilla, Rice Dream Enriched, Rice Dream Enriched Vanilla, Almond Dream Original, Almond Dream Vanilla, Almond Dream Unsweetened Vanilla

Soysilk – Simply Silk Original, Simply Silk Vanilla, Light Original, Light Plain, Light Vanilla, Organic Vanilla, Organic Original, Organic Unsweetened

Westsoy – Plus, Lowfat, Lite, Nonfat



Healthy Tip: Choose lower calorie milks or milk alternatives.

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