



EATWELL HEALTHY SNACK GUIDELINES

Creating a culture of workplace health and wellness is an important way to help people eat well, foster healthier work environments and cultivate social norms around healthier choices and behaviors. Therefore, if you are supplying snacks at your workplace for employees or in between workshops, meetings or events, providing healthier snacks is a great way to help improve dietary quality!

EatWell Healthy Snack Toolkit contains the following:

- Nutritional Guidelines
- Best Practices
- Shopping Recommendations
- Portion Control Poster
- Breakroom Sign



TO COMPLY

- Download the Healthy Snack Nutritional Guidelines
- Provide at least 50% of snacks in compliance with EatWell Healthy Snack Nutritional Guidelines
- Post Healthy Snack Portion Poster in breakroom or communal area
- Brand your provided snacks as EatWell compliant with Healthy Snack Sign

NUTRITIONAL GUIDELINES

FOOD	BEVERAGES
Max 250 calories	Water
Fewer than 250 mg of sodium	Fat-free or low-fat milk, fewer than 200 calories
Less than 35% calories from fat	100% fruit juice (or combination with water) *
Fewer than 10% saturated fat	100% vegetable juice (12 oz. or less) and fewer than 200 mg sodium*
No added trans fat (hydrogenated oils)	Tea or black coffee*
Max 15g of sugar	Low-calorie beverages (excl. energy drinks) fewer than 40 calories *
More than 10% daily fiber (at least one item)	<i>*No added caloric sweetener</i>

BEST PRACTICES

The best snack offerings will include a fair share of whole foods! Whole foods are closest to their natural state, giving us more nutrients than packaged or processed foods. Half of the snack offerings should be fresh, whole foods. This effort will go a long way towards establishing a workplace environment that supports healthier choices and sends a message that your organization values the health of its employees.

WHOLE FOODS

- Avocados
- Bell peppers
- Broccoli
- Carrots
- Celery
- Edamame
- Snap peas
- Cucumbers
- Jicama
- Apples
- Pears
- Half bananas
- Berries
- Melon balls
- Grapes
- Quartered oranges
- Cherry Tomatoes
- Pineapple chunks
- Grapefruit halves





EATWELL HEALTHY SNACK GUIDELINES (CONT'D.)

Shopping Recommendations

Snacks such as fruits and veggies are easy to determine as EatWell compliant, other snacks may not be so clear to determine. Below is a quick shopper's guide of popular products that are EatWell compliant.

SALTY SNACKS

Wheat Thins 100% Whole Grain Reduced Fat Wheat

Snyder's Pretzels, Mini

Lay's Original Baked Lays

Tostitos Oven Baked Scoops

Kirkland Signature Unsalted Mixed Nuts

Blue Diamond Almonds

Orville Redenbacher's Gourmet Popping Corn Original

Always opt for baked options!

Avoid already popped popcorn!

BREADS AND BARS

Nature Valley Crunchy Oats 'N Honey

Nature Valley Chewy Trail Mix Bars

Kashi Honey Almond Flax Chewy Bars

Nutri-Grain Cereal Bars

KIND Granola Peanut Butter

Thomas Bagel Thins 100% Whole Wheat

Thomas Bagels Mini Plain

No more than 15g of sugar!

"Thin" and "mini" are good options for portion control!

DIPS/SPREADS

Peanut butter

Hummus

Guacamole

Fritos Bean Dip

Philadelphia Cream Cheese Reduced Fat

Select dips with natural source of fats, like nuts and beans.

DAIRY

Light String Cheese

Chobani Greek Yogurt Non-fat Flavored

Low-fat Milk

Choose Greek yogurt, less fat and sugar.

SWEETS

Kashi Oatmeal Dark Chocolate Cookies

Honey Maid Graham Crackers

Teddy Grahams Honey

Dark Chocolate (70% cacao or higher)

