

Nutrition & Physical Activity Policy Implementation Resource

Healthy Options from the Grocery Store

You might choose to shop at your local grocery store to find healthy options to offer participants of your office meetings. The following suggestions will give participants an energy boost without concerns of having too many calories, unhealthy fats, or sugars.

Early Morning Meeting Suggestions:

- Whole fresh fruits – bananas, oranges, apples, peaches, nectarines, plums, apricots
- Fruit salad or platter
- Bagels cut in half or quarters with low-fat cream cheese, hummus, or fruit spreads
- Whole grain mini muffins or muffins cut in half
- Low-fat or non-fat yogurt
- Mini boxes of whole-grain cereal and fresh fruit
- Cereal and granola bars
- Nuts, dried fruits, and trail mix (in small portions)

Afternoon Meeting Suggestions:

- Fresh vegetable spring rolls or sushi
- Fresh fruit and vegetable tray with low-fat dips
- Nuts, dried fruits and trail mixes (in small portions)
- Hummus with vegetables, pita bread, or pita chips
- Part-skim mozzarella string cheese with whole grain crackers
- Baked tortilla chips with salsa, guacamole and/or black bean dip
- Pretzels, rice cakes, “lite” popcorn, baked chips, or popped chips
- Assorted low-fat cheese platter with whole grain crackers and fruit
- Whole fresh fruits – bananas, oranges, apples, peaches, plums, apricots
- Bite size fruits and vegetables in season like grapes, cherries, strawberries, baby carrots, cherry tomatoes, and broccoli, and cauliflower florets
- Fig bars, small cookies, or small pieces of dark chocolate or hard candies

Beverages:

- Water (provided in pitchers with slices of lemon, oranges, lime, or other fruit)
- Unsweetened iced tea
- Low-fat or non-fat milk
- 100% fruit or vegetable juice (4 oz. portion)
- Carbonated water



Shopping for Snacks . . . Where to Start

To assist you in your goal to find healthy food products that meet the policy's healthy food criteria, we have checked out some readily available food products and created the list below.

Start with fresh fruit and vegetables.
They always fit within the criteria.



YOGURTS AND CHEESES

Dannon® Yogurt

- All Natural (all flavors and varieties)
- Fruit on the Bottom (all flavors)
- Greek (all flavors)

Yoplait® Yogurt

- Greek (all flavors)
- Whips (all varieties)
- Original (all varieties)

Lucerne® Low Fat Yogurt (all flavors)

Kraft® Philadelphia Fat Free Cream Cheese (all varieties)

Lucerne® Fat Free Cream Cheese (all varieties)

BREADS

Middle East Baking Company Pita Bread

- Whole Wheat
- Multigrain
- Organic Whole Wheat

Sara Lee® 100% Whole Wheat Pita Bread

Thomas'® 100% Whole Wheat Bagels – Reg or Mini

Mission® Tortillas

- Carb Balance Small/Fajita Whole Wheat
- Multigrain Small/Fajita Flour
- Yellow Corn

CHIPS

A good rule of thumb is
to choose items with 3 grams or less of total fat,
per 100 calories.

R.W. Garcia™ Natural Tortilla Chips

R.W. Garcia™ Extra Thin Tortilla Chips

Guiltless Gourmet® Blue Corn Tortilla Chips

Padrinos® Reduced Fat Tortilla Chips

All Natural Popchips™ Original Potato Chips

Baked Lay's® Original Potato Chips

Eating Right™ Original Pita Chips with Sea Salt

Eating Right™ Multigrain Pita Chips with Sea Salt

Stacy's® Simply Naked™ Pita Chips

Not sure if a certain food product meets the new guidelines,
use the calculator at:

www.californiaprojectlean.org/calculator_MH_S.asp?id=180

CRACKERS

Kashi® TLC® Crackers – all varieties

Triscuit® – all varieties of Regular or Thin Crisp

ak-mak Crackers

Wheat Thins®

- Multigrain
- Flatbread
- Fiber Selects

CEREAL / GRANOLA BARS

Always choose whole grains.

Kashi® TLC® Bars

- Fruit and Grain Bars (All flavors except Dark Chocolate Coconut)
- Crunchy Granola Bars – all flavors
- Chewy Granola Bars – all flavors
- Cereal Bars – all flavors

Nature Valley® Crunchy Granola Bars

- Oats n' Honey
- Apple Crisp
- Maple Brown Sugar

Quaker® Chewy® 90 Calorie Granola Bars

- Dark Chocolate Cherry
- Peanut Butter
- Oatmeal Raisin

Nutri-Grain® Cereal Bars

- Apple Cinnamon
- Raspberry
- Mixed Berry

SALSAS, DIPS, AND DRESSINGS

Pace® Salsa – all varieties except Salsa Con Queso

La Victoria® Salsa – all varieties

Tostitos® All Natural Chunky Salsa – all varieties

Hidden Valley® Ranch® Fat Free Salad Dressing

Wishbone® Ranch Fat Free Salad Dressing

Fritos® Bean Dip - Original Flavor

OTHER SNACKS

Snyder's of Hanover® Pretzels – all plain varieties

Rold Gold® Pretzels – all plain varieties

O Organics™ Pretzels – all plain varieties

Lundberg® Rice Cakes – all varieties

Quaker® Rice Cakes – all varieties and flavors

Pop Secret® 94% Fat Free Microwave Popcorn

Orville Redenbacher's® Smart Pop!® Butter Popcorn

Kashi® TLC® Soft Baked Cookies Oatmeal Raisin Flax

These products are just a sampling of the many products that may meet the healthy food criteria. The use of trade, firm, or corporation names in this publication (or page) is for the information and convenience of the reader. Such use does not constitute an official endorsement by the Alameda County Public Health Department Nutrition Services.