

Whole Grain & High-Fiber (2 or more g/serving) Snacks



- baked whole grain corn or whole grain flour tortilla chips
 - whole-grain ridged chips
 - multi-grain cereal bars
 - granola bars
- oatmeal raisin cookies with > 2 g fiber/serving on their label
 - fig cookies and fig mini-size cookies
- trail mix (with or without nuts or sunflower seeds)
 - dry-roasted sunflower seeds
 - dry-roasted soy beans
- bran multi-grain crackers and multi-grain crackers
 - whole-wheat Matzos
- whole-grain pretzels & whole-grain soft pretzels
- whole grain cereals, bran cereals or bran flake cereals
 - woven wheat crackers
 - rice cakes or brown-rice cakes
 - thin crisp whole grain crackers
 - whole-grain crackers
- microwave popcorn (ideally low-fat); ready-to-eat popcorn with hull

For more information, go to: <http://www.wholegrainscouncil.org/>

G: NSLP: 2006-2007 LOCAL WELLNESS POLICY Healthy Ala Carte Snacks Revised 8/29/07