

FUN AND TASTY FOODS FOR VENDING MACHINES AND SCHOOL STORES



HIGH TEST FOODS SERVE MOST



MEDIUM TEST FOODS SERVE SOMETIMES



LOW TEST FOODS SERVE LEAST



| Snack Food | Grade | Check This Out |
|--|-------|---|
| Grain Products | | |
| • Unsweetened dry Cereal | A | They are enriched with iron, folic acid and much more! |
| Vegetables and Fruit | | |
| • Unsweetened Apple Sauce | A+ | 100% Food Group Foods |
| • Unsweetened Fruit Packs or fruit cups | A+ | |
| • Fresh Fruit | A+ | |
| • Dried 100% Fruit Bars | A+ | |
| • Raisins (Plain) | A+ | |
| • Carrots (Plain) * | A+ | |
| • 100% Fruit / Vegetable Juice or Nectar | A | |
| • 100% Frozen Fruit Bars * | A | |
| Dairy Products | | |
| • Plain Milk * | A+ | Excellent sources of calcium for growing bones! |
| • Chocolate Milk * | A | |
| • Individual Yogurts * | A+ | Plain and Chocolate milk have vitamin D added |
| • Single Serve Cheese* | A+ | |
| • Cheese Strings * | A | Good sources of calcium |
| • Yogurt Drink * | A | |
| • Yogurt Tubes * | A | |
| Meat and Alternatives | | |
| • Dry Roasted Peanuts/Almonds | A+ | |
| • No Salt/Oil Sunflower seeds | A+ | |
| Other | | |
| • Bottled Water | A | Water is the best thirst quencher and hydrator |
| Mixed (Two or More Food Groups) | | |
| • Frozen Burritos * | A+ | Great for theme lunch fundraisers |
| • Individual 6" Pizza * | A+ | Look for skim milk cheese for an energy boost without the extra fat |
| • Frozen Pastas * | A | |
| • No Salt Trail Mix | A+ | |
| • Celery packs & Peanut Butter * | A | |

| Snack Food | Grade | Check This Out |
|--|-------|---|
| Grain Products | | |
| • Sweetened dry cereals | B+ | If sugars are NOT the 1 st ingredient! |
| • Whole Grain Muffins | B+ | |
| • Fig Filled Bars & Cookies | B+ | Look for figs or enriched flour as the 1 st ingredient, NOT sugars |
| • Waffles | B | |
| • Pretzels | B | |
| • Oatmeal / Bran Cookies | B | Sugars and hydrogenated oils are often found in these foods |
| • Cereal Squares/Bars | B | |
| • Granola Bar | B | Choose flavours WITHOUT chocolate or 'yogurt' coating |
| • Flavoured Air Popcorn | B | If low fat and unsweetened |
| • 'Fruit' Filled Bars/Cookies | B | Sugars are often the first ingredient in the filling. Look for brands using enriched flour |
| • 'Breakfast' Bars | B | |
| • Cereal/Pretzel Snack Mix | B | Usually high in salt |
| Vegetables and Fruit | | |
| • Sweetened Fruit Cups | B+ | |
| • Sweetened Frozen Fruit based Popsicle or Bar * | B | 100% Fruit and/or vegetable juice is listed before sugars in the ingredient list |
| • Fruit/vegetable based Beverages/ Nectars | B | |
| • Apple Pieces* and Caramel Dip | B | |
| • Carrots and Ranch Dip* | B+ | Dip can be high in fat BUT is a great snack choice when eaten with the veggies!! |
| • Celery and Ranch Dip* | B+ | |
| • Yogurt Covered Raisins | B | 'Yogurt' has sugars and palm oil added |
| • Seasoned Dry Apple Bits | B | Sugars and oil are usually added |
| Dairy Products | | |
| • 'Candy Bar' flavoured Milk* | B+ | Good source of calcium Very high in added sugars |
| • Puddings | B | |
| • Hot Chocolate(milk added) | B | Both have sugars added Are sources of calcium |
| • Ice Cream/frozen yogurt * | B | |
| Meat and Alternatives | | |
| • Nuts and/or Sunflower Seeds with oil and salt | B+ | Good source of protein |
| • Sesame Seed Wafers | B+ | Contains calcium |
| • Dried Beef Sausage | B | High in fat and salt |
| Mixed (Two or More Food Groups) | | |
| • Trail Mix with salt added | B+ | |
| • Hot Dogs * | B | High in fat and salt |

| Snack Food | Grade | Check This Out |
|---|-------|---|
| Grain Products | | |
| • Digestive Cookies | C | |
| • Cheese Flavoured Crackers | C | |
| • Cheese/Peanut Butter filled Mini Crackers | C | |
| • Dry instant Noodle Soup | C | Hydrogenated oil is added |
| • Cheese coated popcorn | C | Very high in fat |
| • Cake muffin/ donut/ danish... | D | High in fat and sugars |
| • Highly Sweetened dry cereals | D | Sugars are the 1 st ingredient |
| • Chocolate Chip Cookies | D | |
| • Meusli Bars | D | |
| • Cookies / Bars with icing | D | |
| Vegetables and Fruit | | |
| • Chocolate Covered Raisins | C | |
| • Banana Chips | C | Sugars and oil added |
| • Dried Cranberries | D | |
| • Fruit Rolls / Fruit Shapes | D | Sugars are the 1 st ingredient |
| Meat and Alternatives | | |
| • Chocolate Covered Nuts | C | Added sugars and fat in the chocolate coating |
| Other | | |
| • Corn Chips/ Corn Nuts | C | Added fat, high in salt |
| • Potato Chips/ Cheese puffs | D | Over 50% fat calories, High in Salt |
| • Candy, Chocolate Bars | D | |
| • Hot Chocolate | D | |
| • Pop | D | |
| • Sports Drinks | D | Sugars are the primary calories source in these choices |
| • Fruit punch/cocktails/ 'drinks', Iced Tea, vegetable 'drinks' | D | |
| • Regular Popsicles * | D | |
| • Frozen cream/ fudge bars * | D | |
| Mixed (Two or More Food Groups) | | |
| • Apple Dip and Cinnamon Wafer packs | C | |
| • Processed cheese or peanut butter & crackers packs | C | |

- ✓ Food items for "individual sale" (i.e. in a vending machine) must have an ingredient list on the package. Check packaged foods before choosing them.
- ✓ The above foods have been letter graded and categorized with the following criteria: first ingredient is a food guide food, nutrient density and the types of added ingredients. This list does not apply to School Meal Program menus.

* Refrigerator or freezer required for storage

Food Categories and letter grades reflect our opinions as Registered Dietitians and do not reflect opinions of the organization.
More information on our rating procedure is available on request.