

Name: _____

Five-Star Snacks

How can you tell if you are eating a healthy snack? Use the Five Star Snack rating system to find out.

- ★ Give yourself one star if the snack has at least one food from two or more different food groups
- ★ Give yourself one star if the snack has one food or less from the fats group
- ★ Give yourself one star if the snack has high-fiber foods, like whole-grain breads and cereals, fruits, vegetables, dry beans, nuts and seeds
- ★ Give yourself one star if the snack is low in fat like low-fat milk or cheese, low-fat crackers or lean meats
- ★ Give yourself one star if the snack is same size as the serving size on the Nutrition Facts Label

Example 1	Example 2
Large bowl of potato chips and 20-oz bottle of soda	Small plate of nachos made with baked tortilla chips, salsa and cheddar cheese, ½ cup of 100% fruit juice
★ Does the snack have at least one food from two or more different food groups?	★ Does the snack have at least one food from two or more different food groups?
★ Does the snack have one food or less from the fats group?	★ Does the snack have one food or less from the fats group?
★ Does the snack have high-fiber foods, like whole-grain breads and cereals, fruits, vegetables, dry beans, nuts and seeds?	★ Does the snack have high-fiber foods, like whole-grain breads and cereals, fruits, vegetables, dry beans, nuts and seeds?
★ Is the snack low in fat like low-fat milk or cheese, low-fat crackers or lean meats?	★ Is the snack low in fat like low-fat milk or cheese, low-fat crackers or lean meats?
★ Is the snack the same size as the serving size on the Nutrition Facts Label?	★ Is the snack the same size as the serving size on the Nutrition Facts Label?
How many stars does this snack rate?	How many stars does this snack rate?

Write down your favorite snack or a snack that you ate yesterday:

How many stars does your snack have?

Before:

Stars

How many food groups? _____	_____
How many foods from the fats group? _____	_____
Was there a high fiber food? _____	_____
Was it low fat? _____	_____
Was it the same size as the serving size on the label? _____	_____
Total:	_____

If your snack is not a five star snack, how could you change it so that it would have five stars? Write down your NEW snack here.

How many stars does your NEW snack have?

After:

Stars

How many food groups? _____	_____
How many foods from the fats group? _____	_____
Was there a high fiber food? _____	_____
Was it low fat? _____	_____
Was it the same size as the serving size on the label? _____	_____
Total:	_____

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- ★ Give yourself one star if the snack has one food or less from the fats group
- ★ Give yourself one star if the snack has high-fiber foods, like whole-grain breads and cereals, fruits, vegetables, dry beans, nuts and seeds
- ★ Give yourself one star if the snack is low in fat like low-fat milk or cheese, low-fat crackers or lean meats
- ★ Give yourself one star if the snack is same size as the serving size on the Nutrition Facts Label

Example 1	Example 2
<p>Large bowl of potato chips and 20-oz bottle of soda</p> <ul style="list-style-type: none"> ★ Does the snack have at least one food from two or more different food groups? NO, the potato chips are in the fats group and the soda is not in any group on MyPyramid. ★ Does the snack have one food or less from the fats group? YES ★ Does the snack have high-fiber foods, like whole-grain breads and cereals, fruits, vegetables, dry beans, nuts and seeds? NO ★ Is the snack low in fat like low-fat milk or cheese, low-fat crackers or lean meats? NO ★ Is the snack the same size as the serving size on the Nutrition Facts Label? MAYBE – a large bowl is probably more than the serving size. <p>This snack rates just ONE STAR.</p>	<p>Small plate of nachos made with baked tortilla chips, salsa and cheddar cheese, ½ cup of 100% fruit juice</p> <ul style="list-style-type: none"> ★ Does the snack have at least one food from two or more different food groups? YES, the baked chips are in the grain group, the salsa is in the vegetable group, the cheese is in the milk group and the juice is in the fruit group. ★ Does the snack have one food or less from the fats group? YES, it has nothing from this group. ★ Does the snack have high-fiber foods, like whole-grain breads and cereals, fruits, vegetables, dry beans, nuts and seeds? YES, the salsa. ★ Is the snack low in fat like low-fat milk or cheese, low-fat crackers or lean meats? YES, the baked chips. ★ Is the snack the same size as the serving size on the Nutrition Facts label? MAYBE – a small plate is probably the same as the serving size. <p>This is a FIVE STAR snack.</p>

Write down your favorite snack or a snack that you ate yesterday:

How many stars does your snack have?

Before:

Stars

How many food groups? _____

How many foods from the fats group? _____

Was there a high fiber food? _____

Was it low fat? _____

Was it the same size as the serving size on the label? _____

Total:

If your snack is not a five star snack, how could you change it so that it would have five stars? Write down your NEW snack here.

How many stars does your NEW snack have?

After:

Stars

How many food groups? _____

How many foods from the fats group? _____

Was there a high fiber food? _____

Was it low fat? _____

Was it the same size as the serving size on the label? _____

Total:

Five-Star Snack Ideas

Here are some good five-star snacks:

- ★ Low-fat yogurt with sliced fruits, topped with low-fat granola
- ★ Whole-grain toast with peanut butter and slices of banana
- ★ Pasta salad with chopped vegetables and a glass of 100% juice

Here are some other foods that could be included in a five-star snack:

- ★ Whole-grain crackers
- ★ Baby carrots
- ★ Fresh fruits
- ★ String cheese or cheese cubes
- ★ Peanut butter for spreading on crackers, fruits and vegetables
- ★ Whole-grain toaster waffles
- ★ Pretzels
- ★ Whole-grain granola bars
- ★ Hard-cooked eggs
- ★ Whole-grain breadsticks
- ★ Popcorn
- ★ Bagels
- ★ Reduced-fat or baked tortilla chips
- ★ Fig bars
- ★ Oatmeal or peanut butter cookies
- ★ Pudding
- ★ Nuts or seeds
- ★ Bean dip
- ★ Beef jerky