

# SNACK GUIDE

## How to Use This Chart

- 🔄 **Aim for foods in the top half** if you want to have fewer additives, closer-to-whole foods, and more nutrient-dense foods.
- 🔄 **Foods in the bottom half** are fine occasionally but tend to have more artificial ingredients, flavors, or stabilizers.
- 🔄 Many store-bought snacks fall into the **ultra-processed category** and can be sources of too much sodium, sugar, potassium, and phosphate due to additives needed to make the foods last longer.

### Category

### Examples

#### Unprocessed (Minimally Processed)



- Fresh fruit (apple, plums, berries)
- Fresh vegetable sticks (carrots, celery, cucumber)
- Raw nuts & seeds (almonds, walnuts, pumpkin seeds)
- Hard-boiled eggs
- Roasted nuts (no seasoning)
- Homemade snacks (trail mix you make yourself)

#### Ultra-Processed (Fewer Additives)



- Whole-grain crackers
- Cheese sticks
- Dried fruit with no added sugar
- Simple packaged nuts (minimal seasoning)
- Rice cakes
- Plain plant milks (short list)
- Plain popcorn (air-popped)

#### Ultra-Processed (More Additives)



- Potato chips
- Flavored crackers
- Sweet granola bars
- Cookies & candy
- Flavored yogurt