



# January Wellness Facts

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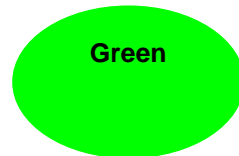
## SNACKWISE®

Snackwise® is a Nutrition Rating System that measures the total calories, fat, saturated fat, trans fat, sugar, protein, fiber, calcium, iron, and vitamins A and C in snack foods. Staff at the Columbus Children's Hospital developed it. Ohio State University Extension has piloted it statewide and in some of our local schools. The goal is to provide information on the overall nutritional value of snack foods so that students can make healthy snack food choices.

Snackwise® can be used to evaluate vended snacks, ala carte items, and school store items.

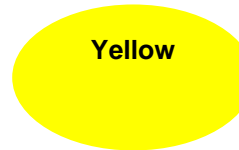
## HOW IT WORKS

Snack Foods are rated according to nutritional value



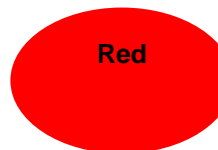
**Green**

Best Choice



**Yellow**

Choose Occasionally



**Red**

Choose Rarely

## CHECK OUT YOUR SCHOOL SNACK VENDING MACHINES

### BEST CHOICES:

- Fruits & Vegetables
- Nutrigrain Bars
- Fig Newton Bars
- Low-fat Yogurt

### CHOOSE OCCASIONALLY:

- Baked Chips
- Animal Crackers
- Rice Krispie Treats

### CHOOSE RARELY:

- Candy Bars
- Regular Chips

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