

Healthy Snack & Food Allergen Guide



INTRODUCTION

“What should I pack for snack today?”

For some parents, providing healthy snacks for children maybe challenging. We’ve compiled a sample list of healthy snacks that are easy to find and are tasty too!

Please note that unless otherwise indicated, these choices are not addressed for specific allergies, and may contain traces of peanuts, tree nuts, milk, soy, or other ingredients sensitive to an allergic child. If your child’s class has a student with a life-threatening food allergy, please refer to the Food Allergy section.

Snacks are an important source of calories and nutrients for a growing child. By providing healthy snacks for your children you are giving them the proper nutrients they need. Fresh fruits and vegetables are the best choice for a healthy snack because they provide essential vitamins, minerals and fiber. Other healthy snack choices are available at your local supermarket.

The criteria used for choosing a healthy snack include:

- ♥ **less than 2 grams of Saturated Fat (SAT FAT)**
- ♥ **less than or equal to 1 gram of Trans Fatty Acids**
- ♥ **less than 10 grams of Sugars per serving**

Although fat free baked goods are reduced in fat, they contain significant amounts of sugar, which does not make the food any healthier than the original product.

High fiber diets have been proven to reduce blood cholesterol, slow down sugar absorption and reduce the risk of developing obesity.

Please enjoy this guide, and remember that healthy snacks are not limited to this pamphlet. If you have any questions regarding specific food allergies, do not hesitate to seek a health professional’s advice.

SECTION 1: HEALTHY BEVERAGES



Water should be the main drink at snack/meal time.

Low-Fat and Fat-Free Milk - Milk provides key nutrients, such as calcium and vitamin D. Choose fat-free (skim) or low-fat (1%) milk to avoid the heart-damaging saturated fat found in whole and 2% (reduced-fat) milk. It is best to serve fat-free versions of chocolate, strawberry, or other flavored milks to help balance the extra calories coming from added sugars. Single-serve containers of chocolate or other flavored whole or 2% milk drinks can be too high in calories (400-550 calories) and saturated fat (1/3 of a day's worth) to be a healthy beverage for kids.

Soy and Rice Drinks - For children who prefer not to drink cow's milk, calcium fortified soy and rice drinks are good choices.

Sugary soft drinks (soda, sweetened tea, lemonade, some sport drinks and juice drinks):

Children who drink more sweetened drinks consume more calories and are more likely to be overweight than kids who drink fewer soft drinks. Soft drinks also displace healthful foods in kids' diets like milk, which can help prevent osteoporosis, and 100% juice, which can help prevent heart disease and cancer. In addition, soda can cause dental cavities and tooth decay.



Fruit Juice - Try to buy 100% fruit juice and avoid the added sugars of juice drinks, punches, fruit cocktail drinks, or lemonade. To find 100% juice, look at beverage nutrition labels for the percentage of the beverage that is juice. Orange, grapefruit, and pineapple juices are more nutrient-dense and are healthier than apple, grape, and pear juices.



Many beverages like Capri Sun, V8-Splash, Tropicana Twisters, Sunny Delight, Kool Aid Jammers, Hi-C, or juice drinks from Very Fine, Welch's or Snapple are more like soda than juice - they are merely sugar water with a few tablespoons of added juice. Fruit juice can be rich in vitamins, minerals, and cancer-fighting compounds. However, it is high in calories.

The American Academy of Pediatrics recommends that children ages 1-6 years old drink no more than 6 oz (one serving) of juice a day and children ages 7-18 years old drink no more than 12 oz (two servings) of juice a day.

SECTION 2: HEALTHY SNACKS

This section does not address specific allergies.



VEGETABLES

- Carrot sticks (or shredded)
- Celery sticks
- Cucumber slices
- Pepper (green, red, yellow)
- Yellow summer squash slices
- Zucchini sticks or slices



FRUITS

- Apples
- Apricots
- Bananas
- Blueberries
- Canned fruit in juice
- Cantaloupe
- Clementines
- Grapes (cut in half)
- Kiwis
- Mangoes
- Melons
- Oranges
- Peaches
- Pears
- Pineapple
- Plums
- Raspberries
- Strawberries
- Unsweetened applesauce
- Watermelon



RICE / CORN CAKES

BAKED CHIPS

CRACKERS



CEREAL

PRETZELS

SECTION 3: FOOD ALLERGIES

“What foods should I avoid if there’s a student with a life-threatening food allergy in my child’s class?”

With the rise in food allergies* in the classrooms, parents often find it difficult to know what foods are appropriate or dangerous.

The following section lists ingredients to avoid for these allergies:

- ◆ Peanut/ Treenut
- ◆ Milk
- ◆ Egg
- ◆ Soy
- ◆ Wheat
- ◆ Seed

👉 Due to the risk of cross contamination, baked goods that come from bakeries (including Costco, BJ’s and supermarket bakeries) are NOT allowed regardless of ingredient list.

👉 Baked goods made in your own home are NOT allowed.

👉 Any baked goods or snacks made in another country are NOT allowed.

👉 Dunkin Donuts products are NOT allowed.

👉 Carvel Cakes are NOT allowed.

If you are unsure about what food allergies exist in your class please contact your teacher or the school director/administrator.

Thank you for understanding that food allergic people need your help to prevent life-threatening allergic reactions.

**As many as 15 million people have food allergies. An estimated 9 million, or 4%, of adults have food allergies. Nearly 6 million or 8% of children have food allergies with young children affected most.*

The prevalence of food allergies and associated anaphylaxis appears to be on the rise. According to a study released in 2008 by the Centers for Disease Control and Prevention about an 18% increase in food allergy was seen between 1997 and 2007. The prevalence of peanut allergy among children appears to have tripled between 1997 & 2008.

PEANUT/TREENUT FREE SNACKS



Below are a few safe, NUT-FREE suggestions for snack, birthdays and classroom parties.

Manufacturer's ingredients change. ALWAYS check ingredient list on packaging before purchasing items.

NUT-FREE SNACKS

- ♥ Barbara Bakery Puffins Original
- ♥ General Mills Kix Crispy Corn Puffs plain
- ♥ General Mills Original Cheerios plain
- ♥ Kellogg's Crispix Cereal plain
- ♥ Original plain Teddy Grahams
- ♥ Nabisco Honey Maid Honey Graham Crackers plain
- ♥ Pepperidge Farm Original Goldfish plain
- ♥ Quaker Oats Life Cereal plain



PEANUT/TREENUT ALLERGY

If your child's class has a student with a life-threatening PEANUT/TREENUT allergy, **please avoid** these ingredients:

- | | |
|--|---|
| ☞ Almonds | ☞ Marzipan/almond paste |
| ☞ Archis oil | ☞ Mixed nuts |
| ☞ Beer nuts | ☞ Nougat |
| ☞ Brazil nuts | ☞ NuNuts, artificial nuts |
| ☞ Cashews | ☞ Nut butters, i.e., cashew butter, almond butter |
| ☞ Chestnuts | ☞ Nut oil |
| ☞ Cold pressed expressed or expelled peanut oil | ☞ Nut paste (i.e. almond paste) |
| ☞ Filberts | ☞ Peanuts |
| ☞ Hazelnuts | ☞ Peanut butter |
| ☞ Gianduja (a creamy mixture of chocolate chopped toasted nuts found in premium or imported chocolate) | ☞ Peanut flour |
| ☞ Ground nuts | ☞ Pecans |
| ☞ Hickory nuts | ☞ Pine nuts (pignolia, pinian) |
| ☞ Hydrolyzed plant protein | ☞ Pistachios |
| ☞ Hydrolyzed vegetable protein | ☞ Walnuts |
| ☞ Macadamia nuts | |
| ☞ Mandelonas | |



MILK ALLERGY



Depending on the severity of a child's MILK allergy, you may need to **avoid** these ingredients in the classroom:

- 👉 Butter, butter fat, butter oil, butter acid, butter ester(s)
- 👉 Buttermilk
- 👉 Casein
- 👉 Casein hydrolysate
- 👉 Caseinates (in all forms)
- 👉 Cheese
- 👉 Cottage cheese
- 👉 Cream
- 👉 Curds
- 👉 Custard
- 👉 Diacetyl
- 👉 Ghee
- 👉 Half-and-half
- 👉 Lactalbumin, lactalbumin phosphate
- 👉 Lactoferrin
- 👉 Lactose
- 👉 Lactulose
- 👉 Milk (in all forms, including condensed, derivative, dry, evaporated, goat's milk and milk from other animals, low-fat, malted, milkfat, nonfat, powder, protein, skimmed, solids, whole)
- 👉 Milk protein hydrolysate
- 👉 Pudding
- 👉 Recaldent®
- 👉 Rennet casein
- 👉 Sour cream, sour cream solids
- 👉 Sour milk solids
- 👉 Tagatose
- 👉 Whey (in all forms)
- 👉 Whey protein hydrolysate
- 👉 Yogurt

EGG ALLERGY



Depending on the severity of a child's EGG allergy, you may need to **avoid** these ingredients in the classroom:

- 👉 Albumin, albumen
- 👉 Egg (dried, powdered, solids, white, yolk)
- 👉 Eggnog
- 👉 Globulin
- 👉 Lysozyme
- 👉 Mayonnaise
- 👉 Meringue (meringue powder)
- 👉 Ovalbumin
- 👉 Ovovitellin
- 👉 Surimi
- 👉 Egg is sometimes found in:
 - 👉 Baked goods
 - 👉 Egg substitutes
 - 👉 Lecithin
 - 👉 Macaroni
 - 👉 Marzipan
 - 👉 Marshmallows
 - 👉 Nougat
 - 👉 Pasta

SOY ALLERGY



Depending on the severity of a child's SOY allergy, you may need to **avoid** these ingredients in the classroom:

- 👉 Edamame
- 👉 Miso
- 👉 Natto
- 👉 Shoyu
- 👉 Soy (soy albumin, soy cheese, soy fiber, soy flour, soy grits, soy ice cream, soy milk, soy nuts, soy sprouts, soy yogurt)
- 👉 Soya
- 👉 Soybean (curd, granules)
- 👉 Soy protein (concentrate, hydrolyzed, isolate)
- 👉 Soy sauce
- 👉 Tamari
- 👉 Tempeh
- 👉 Textured vegetable protein (TVP)
- 👉 Tofu

WHEAT ALLERGY



Depending on the severity of a child's WHEAT allergy, you may need to **avoid** these ingredients in the classroom:

- 👉 Bread crumbs
 - 👉 Bulgur
 - 👉 Cereal extract
 - 👉 Club wheat
 - 👉 Couscous
 - 👉 Cracker meal
 - 👉 Durum, durum flour, durum wheat
 - 👉 Einkorn
 - 👉 Emmer
 - 👉 Farina
 - 👉 Flour (all purpose, bread, cake, durum, enriched, graham, high gluten, high protein, instant, pastry, self-rising, soft wheat, steel ground, stone ground, whole wheat)
 - 👉 Kamut
 - 👉 Matzoh (also spelled matzo, matzah, matza)
 - 👉 Pasta
 - 👉 Seitan
 - 👉 Semolina
 - 👉 Spelt
 - 👉 Sprouted wheat
 - 👉 Triticale
 - 👉 Vital wheat gluten
 - 👉 Wheat (bran, durum, germ, gluten, grass, malt, starch)
 - 👉 Wheat grass
 - 👉 Whole-wheat berries
- Wheat is sometimes found in:
- 👉 Soy sauce
 - 👉 starch (gelatinized starch, modified starch, modified food starch, vegetable starch)
 - 👉 Surimi

SEED ALLERGY



Sesame seed allergy appears to be on the rise in many countries, including the United States. Allergies to other seeds (e.g., poppy, sunflower, pumpkin, rapeseed, & flaxseed, also known as linseed) are much less common, so they are not discussed in detail here.

Depending on the severity of a child's SESAME SEED allergy, you may need to **avoid** these ingredients in the classroom:

- 👉 Benne/benne seed/benniseed
- 👉 Gomasio (sesame salt)
- 👉 Halvah
- 👉 Hummus
- 👉 Tahini
- 👉 Seeds
- 👉 Sesame oil (also known as gingelly or til oil)
- 👉 Sesamol/sesamolina
- 👉 Sesamum indicum
- 👉 Sim sim
- 👉 Vegetable oil

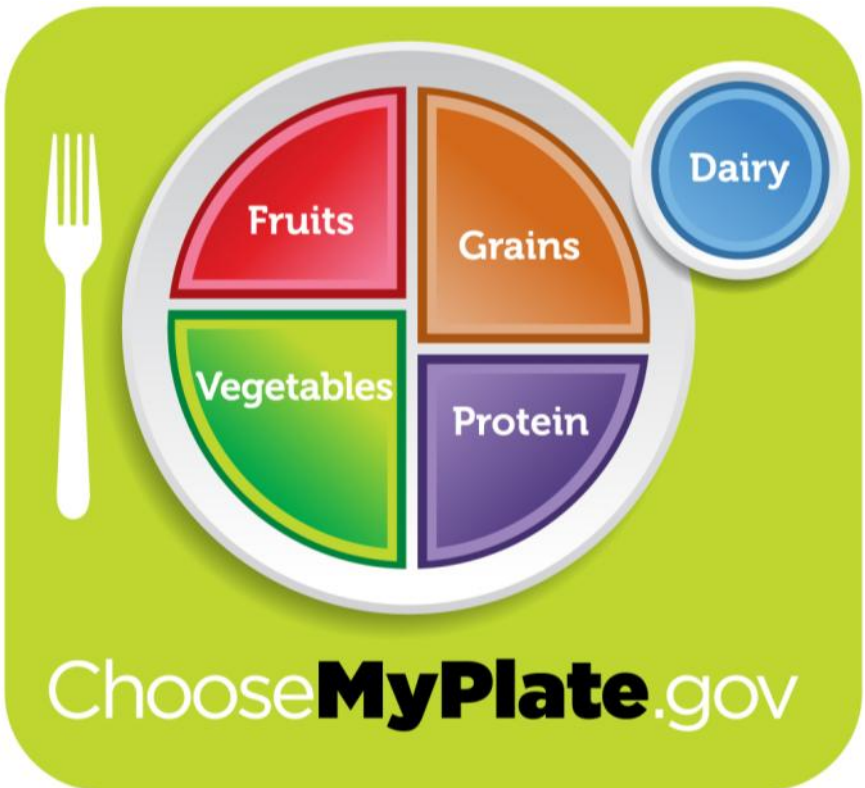
Sesame seed is sometimes found in:

- 👉 Baked goods (bagels, breads, buns, crackers, cookies, pastries, rolls, etc.) and certain cereals (e.g., muesli) often contain sesame and other seeds (e.g., poppy, sunflower).
- 👉 Many snack foods (e.g., trail mix, granola bars, protein bars, candy, rice cakes, pretzels, bagel chips or pita chips) contain sesame seeds.
- 👉 Sesame seeds may be found in a wide variety of other foods, including margarine, sauces, dips, soups, salad dressing, processed meats, and vegetarian burgers.
- 👉 Bakeries and ethnic restaurants (such as Middle Eastern and Asian) are considered high-risk for people with sesame allergy due to the common use of sesame and the risk of cross-contamination, even if a sesame-free item is ordered.

For other food allergies in your class, please refer to your teacher or school director/administrator.

USEFUL WEBSITES

- Body Mass Index
Calculator..... <http://apps.nccd.cdc.gov/dnpabmi>
- Choose My Plate..... www.choosemyplate.gov
- Dietary Guidelines <http://health.gov/dietaryguidelines>
- Food Allergy Initiative www.faiusa.org
- Food Allergy & Anaphylaxis Network..... www.foodallergy.org
- Nutrition..... www.nutrition.gov





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