

## Healthy Snack Items Available Close By

Here are some helpful suggestions found at Albertson's and Walmart on Highway 528.

*\*Remember - Fresh fruit and vegetables, plain nuts and plain Greek yogurt are some of the best options.\**

### NUTS

The recommended serving size for nuts is about a handful; roughly one ounce, which is all you need to get the energy-boosting and nutritional benefits. *Remember - stick to plain, raw, or shelled nuts to avoid sodium and snack lightly because nuts can be high in calories.*

#### Items found at Albertson's

(Available in the chip aisle)

#### Items found at Walmart

(Found in the crackers aisle)

Blue Diamond Almonds, lightly salted	\$9/lb.	Blue Diamond Almonds, lightly salted	\$12/lb.
The Snack Artist Almonds	\$11.40/lb.	Great Value Almonds, lightly salted	\$6/14oz
The Snack Artist Cashews	\$11.40/lb.	Planter's Cashews	\$11/lb.
(Bulk section now available in fruit & veggie section)		(These may be seasonal in fruit & veggie section)	
Tree Nut Mix	\$10/lb.	Mixed Nuts	\$4/12 oz.
Cashews	\$11/lb.	Walnuts	\$4/12 oz.
Almonds, plain	\$7/lb.		
Almonds, dry roasted	\$11/lb.		
Pumpkin Seeds	\$6/lb.		

### YOGURT

Avoid flavored or fruit-added yogurts, as they contain added sugars.

Try a small drizzle of honey if you need to sweeten.

#### Items found at Albertson's

(Found in the dairy section)

#### Items found at Walmart

Fage Plain Greek Yogurt	\$4/17.6 oz.	Fage Plain Greek Yogurt Total 2%	\$6/35 oz.
Brown Cow Plain Yogurt	\$1.10/5.3 oz.	Chobani Nonfat Plain Yogurt	\$5/32 oz.
Chobani Nonfat Plan Yogurt		Greek Gods Nonfat Plain Yogurt	\$4/32 oz.

Find additional tips and resources at <http://www.santaana-nsn.gov/wellness/>

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### GRANOLA BARS

Granola bars are best if they have no more than 7 grams (1.5 tsp) of sugar.

#### Items found at Albertson's

#### Items found at Walmart

Kashi Chewy Trail Mix Bars	\$3.29/6 bars	Quaker Chewy 25% less sugar	\$2.98/12 bars
Nature Valley Thins	\$3.99/6 bars	Quaker Chewy 90 calorie	\$2.98/12 bars
Nature Valley Roasted Nut Crunch	\$3.99/6 bars	Kind Nuts & Spices Bars	\$4.22/12 bars

### CRACKERS

Look for crackers with whole grains such as whole wheat, brown rice, whole rye listed in the ingredients.  
Avoid crackers high in sodium and sugars.

#### Items found at Albertson's

#### Items found at Walmart

Triscuit Baked Whole Grain Wheat	\$4/12.5 oz.	Great Value Baked Wheat	\$1.78/12.5 oz.
Back to Nature Crispy Wheat Crackers	\$3/8 oz.	Grains First	\$2.44/8.8 oz.
Kashi 7 Grain Pita Chips	\$3.50/7.9 oz.	Wheat Thins reduced fat	\$3/14.5 oz.
Kashi Snack Thins	\$3.50/4.25 oz.	Kashi Snack Thins	\$2.98/4.25 oz.
Wasa Multi Grain	\$3/9.7 oz.	Wasa Multi Grain	\$2.54/9.7 oz.

### CHEESE

The most important rule when it comes to cheese is: stick to one portion.

As a calorie dense food, it can be really easy to eat many servings.

Look for pre-portioned cheese snacks which help to stick to the one - serving rule.

#### Items found at Albertson's

#### Items found at Walmart

Mini Babybel Light	\$7/7.5 oz.	Mini Babybel Light	\$5.34/9 oz.
Lucerne String Cheese	\$4/lb.		