

De Marillac Academy Healthy Snack Recommendations

De Marillac is committed to providing students, families and faculty and staff with access to healthy food choices and opportunities to be physically active. We believe that it is our responsibility to support our community in practicing healthy behaviors and offering healthy food options during the school day. Our philosophy is motivated by the following concerns:

- Childhood obesity has tripled since 1970.
- Rates of asthma, heart disease, high blood pressure, Type 2 diabetes and other disorders in children have skyrocketed correspondingly.
- Obesity and related chronic diseases are far more severe among African-American, Latino and underserved youth.

We are committed to ensuring that our students receive nutritious snacks during the school day and to decreasing student consumption of “junk food.” Junk food, for our purpose, is defined as food which is high in calories and low in nutritional value. We seek to ensure that all food served to students is high in vitamins, minerals, proteins and fiber and not just high in calories.

These are the criteria that we use when selecting a snack:

- 30% or less of total calories from fat (excluding seeds and nuts)
- 10% or less of total calories from saturated fat
- 35% or less of sugar by weight
- Contain at least 5% DV (daily value) per serving: protein, calcium, vitamin A and/or vitamin C, riboflavin, niacin, thiamin and iron (excluding fruits, vegetables, seeds, and nuts).
- Trans fat free (labeled “trans fat free”)
- No hydrogenated or partially hydrogenated oils listed in the ingredient list
- Low in sodium (<140mg sodium per 100g serving)
- Good source of fiber (10% of DV or 2.5g fiber per serving)

Suggested snack items:

- All fresh fruits and vegetables
- Almonds
- Canned beans (black, pintos, garbanzos)
- Canned fruits (in water/own juice and not in sugar)
- Cashews
- Cereal (remember sugar and fiber content ...possible brands include Puffins, Kashi)
- Dried fruit (raisins, cranberries, apricots, mangos, apples)
- Instant oatmeal (individual packets)
- Low fat or non fat yogurt (please note sugar levels)
- Mini pretzels
- Natural peanut or almond butter (please pay attention to hydrogenated oils and added sugars)
- String cheese
- Salsa
- Tuna (in water)
- Un-sweetened applesauce
- Whole wheat bread, bagels, or muffins
- Whole wheat crackers
- Whole wheat pita
- Whole wheat or corn tortillas

Questions or concerns please contact the Development Office at 415.552.5220.