



Smart and Final Healthy Beverage List

**Best Bites (Healthier Options)

Calorie Free Beverages	
Plain bottled waters	**
Sparkling mineral waters (Crystal Geysler flavored or unflavored, Perrier, San Pellegrino, Arrowhead Sparkling flavored or unflavored)	**
Tejava Ice Tea	**
Lipton Pure Leaf Ice Tea	**
Diet Sodas (non youth oriented)	
Diet Ice Tea (non youth oriented)	
Fruit Juice	
Dole 6 oz can	**
Hansens Junior Juice 4.23 oz box	**
Tree Sweet 5.5 oz can	**
Tree Top 5.5 oz can	**
Apple and Eve 6.75 oz box	
Minute Maid 6.75 oz box	
Langers 10 oz	
Vegetable Juice	
V8 Fusion	**
V8	
Milk & Non Dairy Milk Alternatives	
Unflavored Nonfat – any brand	**
Silk Soy Milk – Vanilla Light	**
Unflavored 1% Lowfat – any brand	
Silk Soy Milk – Original, Vanilla	

Note – All foods and beverages listed meet the City of Long Beach's nutrition standards. Best Bites refer to the healthier options in each category. This may include varieties that are lower in calories and sodium, and contain whole grains. All flavors of each brand listed are allowable unless flavor is specifically noted. Availability may vary. Most items are sold in bulk packaging.

6/15/11



Smart and Final Healthy Snack Food List

**Best Bites (Healthier Options)

Fruits and Vegetables	
Fresh fruits and vegetables	**
Dried fruits – Mariani Mixed Fruits, Mariani Pitted Prunes, Premium Orchard	
Dried Plums, Premium Orchard Dried Apricots	
Yogurt	
Yoplait Original & Light, Alta Dena, Activia, Dannon Light and Fit & Danimals	**
Smoothie	
Chips	
Baked!	**
Sun Chips	**
Padrinos Reduced Fat Tortilla Chips	**
Stacy's - Pita Chips, Bagel Chips	
Pretzels	
Snyder's of Hanover – Sourdough Pretzels, Old Tyme Pretzels, Pretzel Rods,	**
Honey Mustard and Onion Lightly Seasoned Pretzels	
Snakr's – Twist Pretzels, Mini Twists, Waffle Pretzels	
Snack Mixes	
Snakr's – Party Snack Mix	**
Snackr's – Original Snack Mix	
Crackers	
Triscuit Crackers	**
Original Premium Saltine Crackers	
Stauffers Animal Crackers Original	
Teddy Grahams, Goldfish Grahams, Honey Maid Grahams	
Wheat Thin – Original, Toasted Chips	

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Dips	
Vegetable or Fruit based salsa – any brand or type	**
Hummus, Pesto spread, Guacamole – any brand or type	
Nuts & Trail Mixes	
Unsalted or lightly salted nuts– any brand or type	**
Snakr’s – Trail Mix, Whole Fruit and Nuts	**
Premium Orchard – Fruit and Nut Mix	**
Salted nuts – any brand or type	
Bars	
Nature Valley Crunchy Granola Bar	**
Corazona’s Mrs. May Trio Bars	**
Quaker Chewy Granola Bars	**
Fiber One Bars, Quaker Cereal Bars, Cliff Bars. Cliff Kids Z Bars, Kashi TLC Bars, Nature Valley Chewy Trail Mix Fruit and Nut Bars. Luna Bars	
Cheeses	
Precious Stringsters – Low Moisture Part Skim Milk Mozzarella String Cheese	**
First Street – Whipped Cream Cheese	**
Laughing Cow – Light Cheese Wedges – all varieties	
First Street – Low Moisture Part Skim Milk Mozzarella	
Breads	
Sarah Lee – Toaster Size Bagels, Mini Bagels, Pita Bread, English Muffins – all varieties	**(Whole grain varieties only)
Thomas’ Bagel Thins	**(Whole grain only)
Sunmaid Raisin Bread	

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