Healthy Snacks Suggestions for Cary Academy Students

Thank you for offering to provide snacks for CA students! To promote optimal academic performance (learning, thinking, creativity and innovation), our brains need glucose. Glucose provides energy to our brain cells to function at the highest levels. Here are some suggestions for providing snacks that students can enjoy and will fuel high performance in an academic setting.

It’s important to understand the ‘value’ snack foods have (glycemic index) and how they fuel the body for optimal performance. In academic (non-athletic) settings, the best snacks have lower glycemic Index values because they release energy more slowly, provide sustainable energy, and keep students feeling full and engaged longer (see snack suggestions below). Moderate to high glycemic snacks could lead to sugar “crashes” in academic settings, therefore they may be better snacks for athletic settings. You can achieve more sustainable energy and performance by combining a high glycemic food with a lower glycemic for a good snack.

Glycemic Index and examples of snack foods that fall in each category:

<table>
<thead>
<tr>
<th>LOW GLYCEMIC - lasts 2 hours</th>
<th>MODERATE GLYCEMIC - lasts 1 hr.</th>
<th>HIGH GLYCEMIC - lasts 30 minutes</th>
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<td>Apples, Apricots, Cheese, Cherries, Coconut, Grapefruit, Hummus, Nectarines, many Nutrition bars, Nuts (all), Oranges, Peaches, Pears, Plums, all nut and seed butters (peanut, sunflower, almond), Seeds (all), most vegetables, most yogurts</td>
<td>Bananas, Berries (all), Cantaloupe, Carrots, Cereal bars, Crackers (hi-fiber), Flatbread, Fruit bars, Granola, Granola bars, Grapes, Sweet potatoes, Tortillas.</td>
<td>Bagels, Corn chips, Crackers (no fiber), Graham Crackers, Pretzels, Pumpkin, Rice Cakes, Rice snacks, Sports drinks, Watermelon.</td>
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Snack ideas for academic settings: nutrition bars (see below for list), sliced apples or applesauce, oranges, grapefruit, pears, plums, nuts and/or trail mix with nuts (provided no allergies), seeds, raw veggies, whole grain crackers, pita and hummus, cheese sticks.

Nutrition bar recommendations (read labels to avoid nut ingredients):
Z bars (by Clif), Luna Bar, Kind Bar, Avalanche Bars, Belvita, Nature Valley Granola Bars, Balance Bars, Nothin’ But bars. *Look for bars that have a combined protein and fiber content of 5 grams or more per 150 calories. This creates a low glycemic snack.

Please remember:
- *If you are bringing in food to be shared, we ask that the food items be nut-free due to the severe allergic reactions that can occur.*
- Some students wear braces and need to avoid hard and sticky foods. If you bring apples or carrots, please cut them up to avoid braces damage.
- Please check labels for ingredients (avoid foods that contain high fructose corn syrup, artificial sweeteners, artificial colors, and hydrogenated oils/trans fats).

Thank you on behalf of the PTAA and all Cary Academy students, coaches, and parents! Go Chargers!

Authored by the Cary Academy PTAA 2017-2018 Health & Wellness Committee - version