



Guiding Stars[®]
Nutritious choices made simple[®]

All Star snacks for you

What's your craving?
Select several of these tasty items that
earn Guiding Stars and pack more
nutrition into snack time.

Sweet & Fruity

-Lots of delicious Stars to choose from!

Grapes
Apple slices
Bananas
Oranges
Pears
Raisins & other dried fruits
Unsweetened apple sauce or fruit cups

Any plain yogurt - Try with these great mix-ins.

Sliced almonds
Dried starred fruit
100% frozen fruit (Thaw before mixing in.)
Fresh fruit
Dash of vanilla extract

Salty & Crunchy

-Look for starred foods in these categories.

Popcorn (1-2oz.)
Chips (1-2oz.)
Pretzels (1-2oz.)
1 oz nuts
Baby carrots
Celery sticks
Cucumber sticks
Multigrain & wheat crackers
Multigrain tortilla chips
Whole wheat pita bread
Hummus and veggies
Energy bars

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All Star lunch ideas for you

Whether you're at your desk or on the road,
these snacks pack a nutritious punch.

Grilled chicken on a bed of spinach with carrots,
almonds, and cherry tomatoes
Multigrain roll
Apple

Hummus & veggie roll up: sprouts, tomatoes,
cucumbers, red peppers, broccoli on a whole wheat wrap*
3 oz of sweet potato or 1 oz. veggie chips*
4 oz unsweetened applesauce

Tuna on whole wheat bread*
yogurt with dried fruit
1 oz almonds

Lentil or black bean soup*
Multigrain roll
Orange
8 oz of skim milk

Frozen bean burrito*
Plain yogurt mixed with blueberries and strawberries

90% lean ground beef hamburger on a whole wheat roll*
Small mixed green salad with vinegar and olive oil

Grilled chicken on a whole wheat tortilla* with carrots,
spinach, tomatoes and light dressing
Apple

Macaroni and cheese*
1 cup grapes
Side of steamed broccoli

* Look for a brand
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