

CHECKLIST FORM

Food and Beverage Items

Available ✓

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100% fruit juice or 100% Vegetable juice	Lettuce, vegetable, or bean salads?
Diet soft drinks	Other vegetables?
Sweetened beverages such as regular soda pop, sports drinks, or fruit drinks that are not 100% juice	French fried potatoes?
	Chocolate candy?
	Other kinds of candy?
Fruit (fresh, frozen, canned, or dried)	Salty snacks that are low in fat, such as pretzels, baked chips, or other low-fat chips?
Breadsticks, rolls, bagels, pita bread or other bread products	Salty snacks that are not low in fat, such as regular potato chips or cheese puffs?
Low-fat cookies, crackers, cakes, pastries or other low-fat baked goods	
Cookies, crackers, cakes, pastries, or other baked goods that are not low in fat	Low-fat or fat-free ice cream, frozen yogurt, or sherbet?
Yogurt and smoothie	Ice cream or frozen yogurt that is not low in fat?
Pizza, hamburgers or sandwiches?	Milk?
	Water?