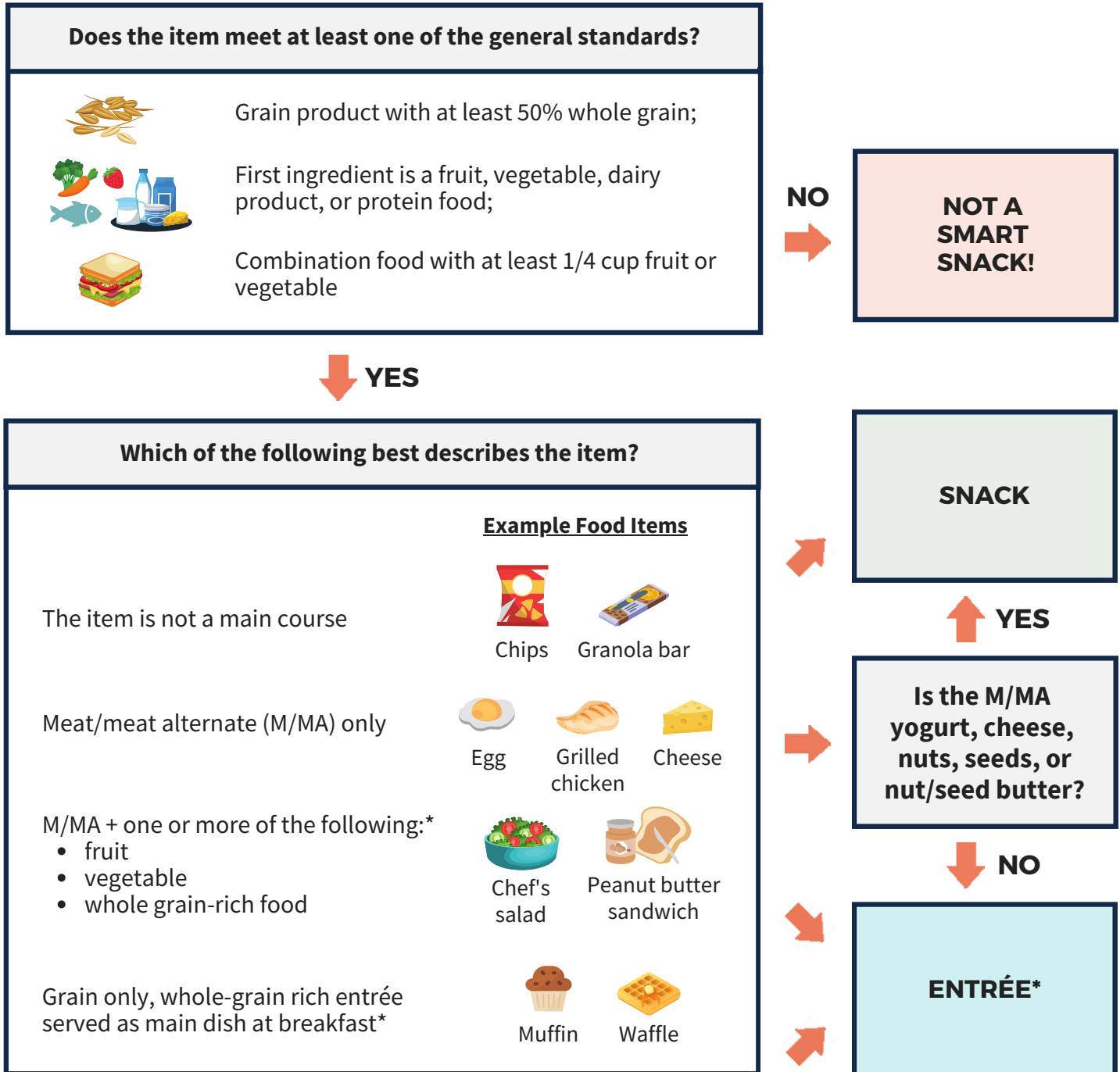




SMART SNACKS: SNACK OR ENTRÉE?

Use this flowchart to determine whether a food item is considered a snack or entrée.



***NOTE:** Classification for these items often depends on portion size and whether the amount served could be considered a main dish. For example, a yogurt parfait or "protein box" with cheese, crackers, and carrot sticks could be snacks or entrees depending on the portion sizes.