

For Smarter Snacking



Choose green and yellow for better health and more energy.

Best
Choice

Choose
Occasionally

Choose
Rarely

Snackwise®

Nutrition Rating System

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The Snackwise® food rating system is to be used only as a guide and does not constitute medical advice, nor should it be used to meet dietary needs. Consult your physician or dietary consultant before making any substantial change in your diet, especially if you have any physical or health-related condition. Individual health conditions may merit different dietary choices. Nationwide Children's Hospital is not responsible for the abuse or misuse of the Snackwise® food rating system.



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