

What's a Junk Food?

(According to the USDA)

Fruitades
(with little juice)
French fries
Ice cream bars
Candy bars
Cookies
Chips
Snack cakes
Doughnuts



Allowed



Seltzer water
Caramel corn
Popsicles
(without fruit juice)
Jelly beans
Chewing gum
Lollipops
Cotton candy
Breath mints

Not Allowed