

CHECK YOUR CHOICE

IS IT A HEALTHY SNACK?

How to use the food label to evaluate snack foods
for sale at schools in stores, canteens, or vending machines.

Nutrition Facts

Serving Size 1 bar

Servings Per Container 1

Amount Per Serving

Calories 140

Calories from Fat 25

% Daily Value*

Total Fat 3g 5%

Saturated Fat 3%

Cholesterol 0mg 0%

Sodium 110mg 5%

Total Carbohydrate 27g 9%

Dietary Fiber 1g

Sugars 9g

Protein 2g

Vitamin A 15% • Vitamin C 0%

Calcium 20% • Iron 10%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories	2,000	2,500
Total Fat	Less Than	65g	80g	
Sat Fat	Less Than	20g	25g	
Cholesterol	Less Than	300mg	300mg	
Sodium	Less Than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Fiber		25g	30g	

Calories per gram:

Fat 9 • Carbohydrates 4 • Protein 4

Ingredients: rolled whole oats, crisp rice [rice, sugar, salt, high fructose corn syrup, malt flavoring], high fructose corn syrup, brown sugar, rolled whole wheat, raisins, cottonseed oil, corn syrup, high fructose corn syrup, sugar, fructose, corn syrup solids, glycerin, dextrose, natural and artificial flavor, soy lecithin, salt, cinnamon, niacinamide, nonfat dry milk, reduced iron, vitamin A palmitate, pyridoxine hydrochloride (vitamin B6), riboflavin (vitamin B2), calcium pantothenate, thiamin hydrochloride (vitamin B1), and folic acid.

LOOK FOR THESE LIMITS

1 to 1½ ounces (28 - 32 grams)

ONLY one serving

Less than 10% Daily Value of total fat

360 mg sodium or less

Less than 10% Daily Value of total carbohydrates

5% Daily Value of at least one: fiber, vitamin A, vitamin C, thiamin, riboflavin, niacin, calcium or iron

• Nuts and seeds are OK even though they are high in fat. They contain more unsaturated fat which may help lower “bad” cholesterol.

• Fruit (fresh, frozen, or canned) is not restricted by carbohydrate limits because it provides nutrients that are beneficial to an overall balanced diet.

You can also use this to check snacks at home. Make eating healthy, one choice at a time.