

## 🖶 Print **Nutrition Facts Competitive Snack** Fruit Fruit with added sugar or fat (can include fresh, canned, frozen or dried other than dried fruits listed under part "e" below) Ounces Serving Size 70 Grams (Use grams where available) Servings Per Container 1 Calories Per Serving 70 Calories from Fat 0 Total Fat (g) 0 Saturated Fat (g) 0 Trans Fat (g) 0 Sodium (mg) 0 Sugars (g) 16 **Elementary School** Compliant Middle/High School Compliant

| Elementary School                 | Middle/High School                |
|-----------------------------------|-----------------------------------|
| ≤ 35% calories from fat.          | ≤ 35% calories from fat.          |
| < 10% calories from saturated fat | < 10% calories from saturated fat |
| ≤ 35% sugar by weight             | ≤ 35% sugar by weight             |
| < 0.5 grams trans fat per serving | < 0.5 grams trans fat per serving |
| ≤ 200 milligrams sodium           | ≤ 200 milligrams sodium           |
| ≤ 175 calories per item/container | ≤ 200 calories per item/container |