

Make a good choice.

Look at the nutrition label and use the

10-10-5

rule to choose a healthy snack.



www.adph.org/nutrition

See example on reverse side that meets the 10-10-5 rule.

LOOK FOR THESE LIMITS

10%

or less Daily Value (DV)
of total fat

10%

or less Daily Value (DV)
of total carbohydrate

5%

or more Daily Value (DV) of at least one:
fiber, vitamin D, calcium,
potassium, or iron

200

calories or less

230

mg sodium or less

- Products containing nuts and seeds are exempt from the fat guideline. They contain more unsaturated fat which may help lower "bad" cholesterol. The product must meet all other parts of the 10-10-5 rule.
- Fruit (dried or dehydrated) are exempt from the carbohydrate guidelines. They provide nutrients that are beneficial to an overall balanced diet. The product must meet all other parts of the 10-10-5 rule.

Nutrition Facts

Serving Size 1 bar (35g)		Servings Per Container 1	
Amount Per Serving			
Calories 140		Calories from Fat 25	
		% Daily Value*	
Total Fat 3g			5%
Saturated Fat 0.5g			3%
Cholesterol 0mg			0%
Sodium 110mg			5%
Total Carbohydrate 27g			9%
Dietary Fiber 1g			4%
Sugar 9g			
Protein 2g			
Vitamin D 15%		Potassium 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 • Carbohydrate 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.