



Hungry for Something Salty, yet Healthy?

Find the Good Choice logo and you can know that you have made a Good Choice!

Remember the 10-10-5 rule...

- 10 % total fat or less Daily Value (DV)
- 10 % total carbohydrate or less Daily Value (DV)
- 5% or more Daily Value (DV) of at least ONE: fiber, vitamin A, vitamin C, calcium, or iron
- 360mg or less of sodium



Quiz Time!

Is this salty snack a Good Choice?

Read the nutrition facts to see if this product meets the 10-10-5 rule.

Nutrition Facts

Serving Size 1 cup (228g)
Servings Per Container 2

Amount Per Serving

Calories 250 Calories from Fat 110

% Daily Value*

Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 1.5g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	

Vitamin A 4%

Vitamin C 2%

Calcium 20%

Iron 4%

* 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		30g	37g
Dietary Fiber		25g	30g

Answer:

NO, because it does not follow the 10-10-5 rule.

It contains:

- ✗ 18% of fat
- ✓ 10% of carbohydrate
- ✓ 20% calcium
- ✗ 470 mg sodium

