



**Hungry for Something  
Salty, yet Healthy?**



*Make a Good Choice!*

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

**Remember the 10-10-5 rule:**

- 200 calories or less
- 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 D, calcium, potassium or iron
- 230mg or less of sodium

## Nutrition Facts

Serving Size 1 Package (38g)

Amount Per Serving

Calories 150

Calories from Fat 35

% Daily Value\*

Total Fat 4g 6%

Saturated Fat .5g 3%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 290mg 12%

Total Carbohydrate 26g 9%

Dietary Fiber 3g 13%

Sugars 5g

Protein 4g

Calcium 0%

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		300g	375g	
Dietary Fiber		25g	30g	

# Quiz Time!

## Is this salty snack a Good Choice?

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

# Answer:

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

**It contains:**

- ✓ 150 calories
- ✓ 6% of fat
- ✓ 9% of carbohydrate
- ✓ 13% fiber
- ✗ 290 mg sodium