



Need to Satisfy Your Sweet Tooth? Make a Good Choice!

Sometimes we just want something sweet!

You can choose sweet treats with the Good Choice logo and enjoy! These products can satisfy your sweet tooth, while keeping you healthy.

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



Test Your Snacking Knowledge!

Directions: Use the nutrition facts below to answer the following questions:

1. Does this sweet snack have 10% or less Daily Value (DV) of total fat?
a. Yes b. No
2. Does this sweet snack have 10% or less Daily Value (DV) of total carbohydrate?
a. Yes b. No
3. Does this sweet snack have 5% or more Daily Value (DV) of at least one: fiber, vitamin A, vitamin C, calcium or iron?
a. Yes b. No
4. Is this sweet snack a Good Choice?
a. Yes b. No

Nutrition Facts

Per 1 bag (28.3g)

Amount	% Daily Value
Calories 100	
Fat 0g	0%
Saturated 0g	0%
+ Trans 0g	
Cholesterol 0mg	
Sodium 0mg	0%
Carbohydrate 23g	8%
Fiber 2g	7%
Sugars 18g	
Protein 0g	
Vitamin A	0%
Vitamin C	0%
Calcium	0%
Iron	0%

[Answers: 1.a, 2.a, 3.a, 4.a]

