



Need to Satisfy Your Sweet Tooth?



Make a Good Choice!

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:

- 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

Test Your Snacking Knowledge!

Directions:

Use the nutrition facts below to answer the following questions:

1. Does this sweet snack have 200 calories or less?
a. Yes b. No
2. Does this sweet snack have 10% or less Daily Value (DV) of total fat?
a. Yes b. No
3. Does this sweet snack have 10% or less Daily Value (DV) of total carbohydrate?
a. Yes b. No
4. Does this sweet snack have 5% or more Daily Value (DV) of at least one: fiber, vitamin D, calcium, potassium or iron?
a. Yes b. No
5. Is this sweet snack a Good Choice?
a. Yes b. No

Nutrition Facts

Serving Size 1oz (28g/About 7 chips)

Amount	% Daily Value
Calories 140	
Total Fat 5g	7%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 115mg	5%
Total Carbohydrate 20g	7%
Dietary Fiber 1g	5%
Sugars 6g	
Protein 3g	
Vitamin A	0%
Vitamin C	0%
Calcium	0%
Iron	0%

[Answers: 1. a, 2. a, 3. a, 4. a, 5. a]