



GOOD CHOICE?

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 | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |

Look for a Good Choice logo the next time you visit the vending machine!

Good Choice snacks have:

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

Is this a Good Choice? Look at the nutrition label to tell. Turn over to find out.



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| Dietary Fiber | | 25g | 30g |

Does it have:

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

No. This snack does not meet all of the Good Choice requirements.