



GOOD CHOICE?

Nutrition Facts

Serving Size 1 bar

Amount Per Serving

Calories 120	Calories from Fat 50
% Daily Value*	
Total Fat 5g	10%
Saturated Fat 3g	15%
Cholesterol 0mg	0%
Sodium 60mg	2%
Total Carbohydrate 15g	6%
Dietary Fiber 1g	4%
Protein 2g	4%

Vitamin A 4%	•	Vitamin C 2%
Calcium 20%	•	Iron 4%
Zinc 2%	•	Thiamin 4%
Riboflavin 0%	•	Niacin 0%
Vitamin B-6 0%	•	Folate 0%
Vitamin B-12 0%	•	Phosphorus 6%
Magnesium 6%	•	

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

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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Does it have:

- ✓ 10% fat or less?
- ✓ 10% carbohydrate or less?
- ✓ 5% or more of vitamin A, vitamin C, calcium, iron or fiber?
- ✓ 360 mg or less of sodium?

Yes. This snack is a Good Choice. It meets all the Good Choice requirements.