



# GOOD CHOICE?

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

## Nutrition Facts

Serving Size 1oz (28g/About 3 1/2 cups)

Amount Per Serving

Calories 130      Calories from Fat 45

% Daily Value\*

Total Fat 5g      8%

Saturated Fat 1g      4%

Cholesterol 0mg      0%

Sodium 220mg      9%

Total Carbohydrate 18g      6%

Dietary Fiber 3g      13%

Protein 3g

Vitamin A 0%      •      Vitamin C 0%

Calcium 0%      •      Iron 2%

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

## Good Choice snacks have:

- 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

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

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Does it have:

- ✓ 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

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

