

## What makes a good snack?

With so many snack choices today, it's hard to make the right choice for our health.

Snacking has a purpose to help refuel our bodies and get us through the day. When making a snack choice at school or at home use the Nutrition Facts Label on the snack label to help you make the best choice for your health!

### What to look for in a label?

#### 1. Serving Size

How many servings in a package?

#### 2. Calories

Choose a snack with less than 150 calories.

#### 3. Get less of these nutrients

Fat, Saturated & Trans Fat and Sugar

Too much fat can put us at risk for heart disease a smart snack choice has less than 35% total fat & less than 10% Sat & Trans fat.

Smart snackers choose less than 10g of sugar for ultimate health.

#### 4. Get more of these nutrients

Nutrition Facts	
Serving Size: 1 bar (1.5 oz)	
Servings Per Container: 10	
Amount Per Serving	
Calories	160
Calories from Fat	40
% Daily Value	
Total Fat	4.5g 7%
Saturated Fat	2.5g 13%
Trans Fat	0g
Cholesterol	0mg 0%
Sodium	75mg 3%
Total Carbohydrate	26g 9%
Dietary Fiber	3g 12%
Sugars	12g
Protein	5g
Vitamin A	10%
Vitamin C	10%
Calcium	15%
Iron	15%

Smart tip! To get the total number of calories and nutrients in a package, you must multiply the servings per container by each nutritional parameter on the label.

For better health and more energy choose snack foods that are nutrient rich. Look for snacks with greater than 10% of nutrients like vitamins, minerals, protein and fiber.

## Get less of these nutrients:

- Too much fat, saturated fat and trans fat can increase the risk for high cholesterol and heart disease.
- Too much sodium can increase the risk for high blood pressure.
- Too much sugar can lead to excess calories and few nutrients.

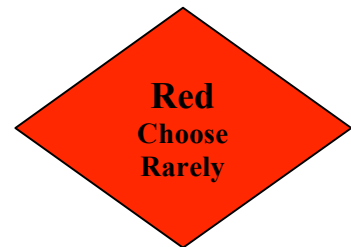


## Get more of these nutrients

- **Vitamin A** scores points for its role in eye, skin and the immune systems health. *You can find good sources from fruits and vegetables that are orange in color.*
- **Vitamin C** for gums and teeth and don't forget about building blocks like collagen for muscles and tissues. *Look for good sources from citrus fruits and also vegetables like broccoli and peppers.*
- **Iron** to aid in getting oxygen to those muscles for energy when you need it and to the brain for ultimate thinking power. *Look in the bean and meat group for good iron sources.*
- **Calcium** helps to support the skeleton and aids the muscle to respond quickly in fast moving actions. *The dairy group has excellent sources of calcium.*
- **Fiber** for maintenance and digestive health. *Whole grains, beans, fruits and vegetables all play key roles in maintaining our body's health.*



For healthier snacks choose **Green, Best-Choice** more often!



- ❖ Quaker® Oatmeal
- ❖ General Mills® Milk 'n Cereal Bars
- ❖ Kashi™ TLC Bars
- ❖ NutriGrain® Cereal & Yogurt Bars
- ❖ Quaker® Kid's Mix Snack Mix

- ❖ Kudos® Bars
- ❖ Pretzels (under 1.5 oz)
- ❖ Nature Valley® Granola Bars
- ❖ Quakes® Mini Rice Cakes
- ❖ Baked Chips (under 1.5 oz)

- ❖ Regular Chips
- ❖ Candy Bars
- ❖ Little Debbie® Snacks
- ❖ Cheez-Its®
- ❖ Cookies
- ❖ Beef Sticks

To learn more about Food Labeling, visit the FDA interactive web site at <http://www.cfsan.fda.gov/label.html>