

Snackwise® Nutrition Rating System Guidelines

Snackwise® Nutrition Rating System is a validated nutrition calculator that evaluates the nutritional quality of snack foods using 11 weighted nutritional parameters: calories, fat, saturated and *trans* fat, sodium, fiber, sugar, protein, calcium, iron, and Vitamins A and C. Using a point system, the nutritional parameters are rated according to whether they contribute positively or negatively to a snack food's nutrient quality.

The Snackwise® Nutrition Rating System was designed using current nutrition science, including the 2005 Dietary Guidelines for Americans and Daily Values (DV) found on the nutrition facts label. Current dietary recommendations encourage consumers to choose nutrient dense foods while maintaining proper energy balance.

2005 Dietary Guidelines for Americans

Dietary Guidelines recommendations include advice for all healthy individuals age 2 and older to promote health and reduce risk for chronic disease.

- ☆ Many adults and children consume too many calories while missing out on important nutrients in their diet. Current dietary guidelines recommend increasing the consumption of nutrient-dense foods in order to increase calcium, iron, vitamin A, and vitamin C and decrease caloric intake.
- ☆ Dietary guidance for fat recommends no more than 20 to 35 percent of calories from total fat, to keep intake of saturated fat below 10 percent of calories, and *trans* fat intake below 1 percent of calories.
- ☆ Dietary guidance for sugar suggests limiting added sugar in the diet which comes from sugars and syrups that are added to foods during processing and preparation.
- ☆ Most Americans consume too much sodium. In general, the higher an individual's sodium intake, the higher his/her blood pressure. The dietary guidelines suggest limiting sodium intake to decrease the risk for several diseases.

Nutrition Facts Label

Daily Values are dietary reference values found on the nutrition facts label to help consumers plan a healthy diet. Daily Values are based on 2,000-calorie diet and are listed as "% DV," to show how much of the daily recommended nutrients the food provides. A food is considered a good source of a nutrient, if the daily value is between 10-19%.

- ☆ The Snackwise® System considers nutrients that contain 10% or greater of the daily value as a good source of protein, calcium, fiber, iron, Vitamin A and C. This helps consumers select nutrient dense snack foods that are relatively low in calories, fat and sugar.

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Snackwise® Nutrition Parameter	Snack Criteria
Calories	150 calories or less
Fat	Less than or equal to 35% of total calories
Saturated Fat & Trans Fats	Less than or equal to 10% of total calories
Sodium	Less than 230 milligrams
Sugar	35% of total calories
Protein	5 grams or more
Calcium	10% Daily Value
Fiber	10% Daily Value
Iron	10% Daily Value
Vitamin A	10% Daily Value
Vitamin C	10% Daily Value