





SMART SNACKS: NUTRIENT STANDARDS

When evaluating items for Smart Snacks, look at calories, sodium, and trans fat FIRST. If it does not meet one of those standards, you can quickly see that the item cannot be offered.

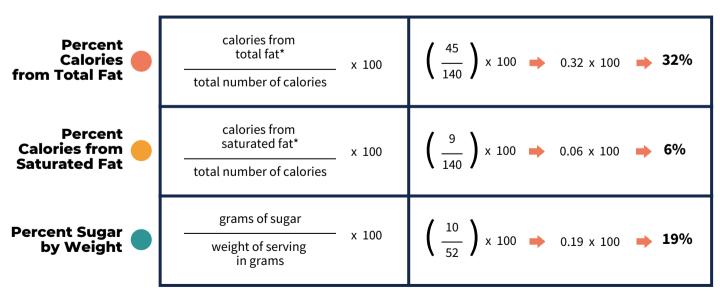
	SNACKS	ENTREÉS
Calories 🔘	200 or less	350 or less
Sodium	200 mg or less	480 mg or less
Trans Fat	C) g
Total Fat	35% of cal	ories or less
Saturated Fat	10% of cal	ories or less
Sugar	35% by we	eight or less

Use the colored dots to find the information you need on the Nutrition Facts label.

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69
59
89
99
79
4
09
69

HOW TO CALCULATE

CALCULATION



^{*1} gram of fat = 9 calories; number of calories from fat = grams of fat x 9