



## 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
<b>Calories</b> ○	200 or less	350 or less
<b>Sodium</b> ●	200 mg or less	480 mg or less
<b>Trans Fat</b> ●	0 g	
<b>Total Fat</b> ●	35% of calories or less	
<b>Saturated Fat</b> ●	10% of calories or less	
<b>Sugar</b> ●	35% by weight or less	

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

### Nutrition Facts

1 servings per container  
Serving size 1 slice (52g)

Amount Per Serving	% Daily Value*
<b>Calories</b> 140	
Total Fat 5g	6%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 200mg	9%
Total Carbohydrate 20g	7%
Dietary Fiber 1g	4%
Total Sugars 10g	
Includes 0g Added Sugars	0%
Protein 3g	6%

Not a significant source of vitamin D, calcium, iron, and potassium  
\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

### HOW TO CALCULATE

### CALCULATION

<b>Percent Calories from Total Fat</b> ●	$\frac{\text{calories from total fat}^*}{\text{total number of calories}} \times 100$	$\left( \frac{45}{140} \right) \times 100 \rightarrow 0.32 \times 100 \rightarrow \mathbf{32\%}$
<b>Percent Calories from Saturated Fat</b> ●	$\frac{\text{calories from saturated fat}^*}{\text{total number of calories}} \times 100$	$\left( \frac{9}{140} \right) \times 100 \rightarrow 0.06 \times 100 \rightarrow \mathbf{6\%}$
<b>Percent Sugar by Weight</b> ●	$\frac{\text{grams of sugar}}{\text{weight of serving in grams}} \times 100$	$\left( \frac{10}{52} \right) \times 100 \rightarrow 0.19 \times 100 \rightarrow \mathbf{19\%}$

\*1 gram of fat = 9 calories; number of calories from fat = grams of fat x 9