

SNACKS



PopCorners



White Cheddar 1.1oz.

Nutrition Facts	
Serving Size 1.1 oz (32g)	
Servings Per Container 1	
Amount Per Serving	
Calories 140	Calories from Fat 50
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 135mg	6%
Total Carbohydrate 21g	7%
Dietary Fiber less than 1 gram	3%
Sugars 1g	
Protein 2g	



McDonald's Fruit and Yogurt Parfait



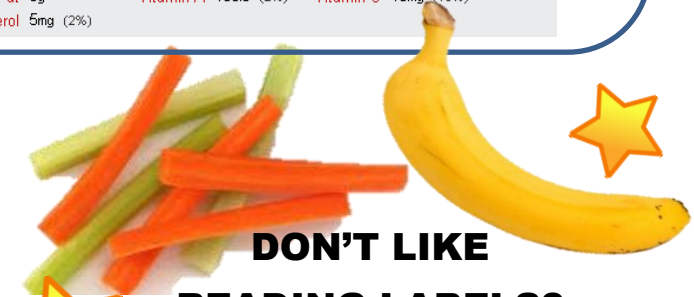
150 Calories	4g Protein	2g Fat (3%)	30g Carbs (10%)
Calories from Fat 20	Dietary Fiber 1g (3%)	Calcium 110mg (10%)	
Saturated Fat 1g (5%)	Sugars 23g	Iron 0.5mg (4%)	
Trans Fat 0g	Vitamin A 130IU (2%)	Vitamin C 10mg (15%)	
Cholesterol 5mg (2%)			



McDonald's Grilled Snack Wrap



250 Calories	16g Protein	8g Fat (12%)	27g Carbs (9%)	670mg Sodium (28%)
Calories from Fat 70	Dietary Fiber 1g (5%)	Calcium 110mg (10%)		
Saturated Fat 3.5g (18%)	Sugars 5g	Iron 2mg (10%)		
Trans Fat 0g	Vitamin A 180IU (4%)	Vitamin C 1mg (2%)		
Cholesterol 40mg (14%)				



DON'T LIKE READING LABELS?

The BEST snacks have no label at all!



LABEL TIPS

The **Nutrition Facts** label on food items provides the energy and nutrient content for this amount of the food product.

Number of Calories, or energy, for **1 serving** of this product.

Remember if you eat more energy than your body needs it will save the excess energy as fat.

Goals:

- Snacks: 150-180
- Meals: 450-550

Fiber and protein both help you feel **more full** even with the same calories. Fiber will only be *naturally* found in fruits, vegetables, nuts, beans, and whole grains.

Goal:

- Fiber: ≥ 3 g

Nutrition Facts	
Serving Size 2/3 cup (55g)	
Servings Per Container About 8	
Amount Per Serving	
Calories 230	Calories from Fat 40
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	12%
Dietary Fiber 4g	16%
Sugars 1g	
Protein 3g	
Vitamin A	10%
Vitamin C	8%
Calcium	20%
Iron	45%

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

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

This is the number of servings in the whole bag/box/container. For this item, to find out the nutrients in the whole item you would have to multiply the numbers on the label by 8.

If the **% Daily Value** is 5 or less, we can say, "1 serving of this food is **LOW** in (the listed nutrient)."

If the **% Daily Value** is 10 or more, we can say, "1 serving of this food is **HIGH** in (the listed nutrient)."

Goals:

- NOT high in sodium or < 10%
- High in vitamins & minerals $\geq 10\%$

Fat is the highest calorie, or energy, nutrient, so we want to choose foods that are "low" in fat to prevent weight gain.

Goals:

- No "Partially Hydrogenated" ingredients
- "Low Fat" (1%) Dairy
- "Lean" or "Extra Lean" Meats
- Use less oil, butter, & cheese

NEW Proposed Label

The proposed Nutrition Facts label (right) will emphasize the number of calories and servings per container; update % Daily Values for nutrients such as fiber and calcium; update serving sizes; list the amount of added sugars; require listing of potassium and vitamin D if present, and no longer require the labeling of Vitamins A and C.

Nutrition Facts	
8 servings per container	
Serving size 2/3 cup (55g)	
Amount per 2/3 cup	
Calories	230
% DV*	
12%	Total Fat 8g
5%	Saturated Fat 1g
	Trans Fat 0g
0%	Cholesterol 0mg
7%	Sodium 160mg
12%	Total Carbs 37g
14%	Dietary Fiber 4g
	Sugars 1g
	Added Sugars 0g
	Protein 3g
10%	Vitamin D 2mcg
20%	Calcium 260mg
45%	Iron 8mg
5%	Potassium 235mg

* Footnote on Daily Values (DV) and calories reference to be inserted here.