

# SNACKS



## PopCorners



White Cheddar 1.1oz.

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



## McDonald's Fruit and Yogurt Parfait



<b>150</b>	<b>4g</b>	<b>2g</b>	<b>30g</b>
Calories	Protein	Fat (3%)	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



<b>250</b>	<b>16g</b>	<b>8g</b>	<b>27g</b>	<b>670mg</b>
Calories	Protein	Fat (12%)	Carbs (9%)	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:  $\geq 3$  g

<b>Nutrition Facts</b>	
Serving Size 2/3 cup (55g)	
Servings Per Container About 8	
Amount Per Serving	
<b>Calories</b> 230	Calories from Fat 40
<b>% Daily Value*</b>	
<b>Total Fat</b> 8g	<b>12%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carbohydrate</b> 37g	<b>12%</b>
Dietary Fiber 4g	<b>16%</b>
Sugars 1g	
<b>Protein</b> 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.

<b>Nutrition Facts</b>	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per 2/3 cup	<b>Calories 230</b>
<b>% DV*</b>	
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.	