

A Guide to Healthy Snacking

Choosing a healthy snack can be tricky!

Let the Nutrition Label be your guide with the tips below.

Nutrition Facts			
Serving Size			
Servings Per Container			
Calories			
% Daily Value			
Total Fat 12g			18%
Saturated Fat 3g			15%
Trans Fat 3g			
Cholesterol 30mg			10%
Sodium 470mg			20%
Potassium 700mg			20%
Total Carbohydrate 31g			10%
Dietary Fiber			
Sugars			
Protein			
Vitamin A			
Vitamin C			
Calcium			
Iron			
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values 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

Serving Size
Pay attention to the **number of servings** in the package.

Calories
Aim for no more than **200 calories** per package.

Fat
Choose snacks with no more than **7 grams of total fat** and no more than **2 grams of saturated or trans fat** (with the exception of nuts, seeds, peanuts, nut butters and cheese).

% Daily Value (DV)
The % DV is a guide to the nutrients in a serving of the food. If the food has **20% or more** of a nutrient, it's considered to be high in that nutrient. Use the % DV to help you **choose foods high in vitamins, minerals and fiber.**

Sugar
Less than **15 grams** of sugar is desired (excludes natural sugars in fruits, vegetables, and dairy).

Sodium
Lower sodium is best, so compare labels and choose the one with the lowest amount.

Protein
At least **3 grams** of protein per package is ideal.

Key Vitamins and Nutrients
Look for snacks with at least **5% Daily Value** of 3 or more of the following nutrients.

- ▶ fiber
- ▶ vitamin A
- ▶ vitamin C
- ▶ vitamin D
- ▶ vitamin E
- ▶ thiamin
- ▶ niacin
- ▶ riboflavin
- ▶ calcium
- ▶ iron
- ▶ zinc