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# What are the Smart Snacks Standards for foods?

To qualify as a Smart Snack, a snack or entrée must first meet the general nutrition standards:

- Be a grain product that contains 50 percent or more whole grains by weight (have a whole grain as the first ingredient); or
- Have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food; or
- Be a combination food that contains at least  $\frac{1}{4}$  cup of fruit and/or vegetable; and
- The food must meet the nutrient standards for calories, sodium, sugar, and fats:

Nutrient	Snack	Entrée
<b>Calories</b>	200 calories or less	350 calories or less
<b>Sodium</b>	200 mg or less	480 mg or less
<b>Total Fat</b>	35% of calories or less	35% of calories or less
<b>Saturated Fat</b>	Less than 10% of calories	Less than 10% of calories
<b>Trans Fat</b>	0 g	0 g
<b>Sugar</b>	35% by weight or less	35% by weight or less

# Finding Information on the Nutrition Facts Panel and Ingredients List

Enter this information into the Smart Snacks Product Calculator (<https://foodplanner.healthiergeneration.org/calculator>) to see if your snack meets the standards.

<b>Nutrition Facts</b>	
<b>Serving Size &amp; Servings Per Container</b>	Serving Size 2 cups (30g) Servings Per Container 1
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>Calories</b> 140      Calories from Fat 36
<b>% Daily Value*</b>	
<b>Total Fat</b>	<b>Total Fat</b> 4g <b>6%</b>
<b>Saturated Fat</b>	Saturated Fat 0g <b>0%</b>
<b>Trans Fat</b>	Trans Fat 0g
<b>Sodium</b>	<b>Cholesterol</b> 0mg <b>0%</b>
	<b>Sodium</b> 170mg <b>7%</b>
	<b>Total Carbohydrate</b> 25g <b>8%</b>
	Dietary Fiber 2g <b>8%</b>
<b>Sugars</b>	Sugars 8g
	<b>Protein</b> 1g
	Vitamin A      0%
	Vitamin C      0%
	Calcium      0%
	Iron      0%

**INGREDIENTS:** Popcorn, sugar, canola oil, salt

**First Ingredient**