

What will you pick?



Make a good choice.

Snacks with the Good Choice sticker meet the 10-10-5 Rule:

- 10% or less Daily Value (DV) of total fat
- 10% or less Daily Value (DV) of total carbohydrate
- 5% or more Daily Value (DV) of at least one:  
fiber, vitamin A, vitamin C, calcium, iron
- 360 mg or less of sodium

\*exception with dried fruit, nuts, and seeds.

