

Make a good choice.



Look for the Good Choice symbol when choosing a healthy snack in the vending machines at work. These snacks meet the 10-10-5 rule.

Nutrition Facts

Serving Size 1 bar (35g)

Servings Per Container 1

Amount Per Serving

Calories 140 Calories from Fat 25

% Daily Value*

Total Fat 3g **5%**

Saturated Fat 0.5g **3%**

Cholesterol 0mg **0%**

Sodium 110mg **5%**

Total Carbohydrate 27g **9%**

Dietary Fiber 1g **4%**

Sugars 9g

Protein 2g

Vitamin A 15% • Vitamin C 0%

Calcium 20% • Iron 10%

* 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
Fiber			25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Ingredients: rolled whole oats, crisp rice [rice, sugar, salt, high fructose corn syrup, malt flavoring], high fructose corn syrup, brown sugar, rolled whole wheat, raisins, cottonseed oil, corn syrup, high fructose corn syrup, sugar, fructose, corn syrup solids, glycerin, dextrose, natural and artificial flavor, soy lecithin, salt, cinnamon, niacinamide, nonfat dry milk, reduced iron, vitamin A palmitate, pyridoxine hydrochloride (vitamin B6), riboflavin (vitamin B2), calcium pantothenate, thiamin hydrochloride (vitamin B1), and folic acid.

LOOK FOR THESE LIMITS

ONLY one serving

10% or less
Daily Value of total fat

360 mg sodium or less

10% or less Daily Value of
total carbohydrate

5% or more Daily Value of at
least one: fiber, vitamin A,
vitamin C, calcium or iron

- Nuts and seeds are OK even though they are high in fat. They contain more unsaturated fat which may help lower "bad" cholesterol.

- Fruit (dried or dehydrated) is not restricted by carbohydrate limits because it provides nutrients that are beneficial to an overall balanced diet.