



# IS THIS A HEALTHIER CHOICE?

Items marked with the Healthy Shasta logo are the Healthier Choice!

Nutrition Facts			
Serving Size		5 Crackers (16g)	
Servings Per Container		About 28	
Amount Per Serving			
Calories 80		Calories from Fat 40	
% Daily Value*			
Total Fat	4.5g		7%
Saturated Fat	1g		5%
Trans Fat	0g		
Polyunsaturated Fat	1.5g		
Monounsaturated Fat	2g		
Cholesterol	0mg		0%
Sodium	140mg		6%
Total Carbohydrate	9g		3%
Dietary Fiber	less than 1g		1%
Sugars	1g		
Protein	1g		
Vitamin A	0%	Vitamin C	0%
Calcium	0%	Iron	2%
*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

## Healthier Choice snacks have:

- 200 calories or less
- 8 grams of fat or less
- 2 grams of saturated fat or less (except nuts/seeds)
- Zero grams of trans fat
- Goal  $\leq 10$  grams of sugar (except dried fruit)
- 200 mg of sodium or less

Look at the nutrition label to tell if this is a Healthier Choice. Turn over to find out.

# YES, this is a HEALTHIER CHOICE.

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Amount Per Serving	
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% Daily Value*	
<b>Total Fat</b> 4.5g	7%
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<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 140mg	6%
<b>Total Carbohydrate</b> 9g	3%
Dietary Fiber less than 1g	1%
Sugars 1g	
<b>Protein</b> 1g	
Vitamin A 0%	Vitamin C 0%
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	Calories 2,000 2,500
Total Fat	Less than 65g 80g
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Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

## It has:

- ✓ 200 calories or less
- ✓ 8 grams of fat or less
- ✓ 2 grams of saturated fat or less (except nuts/seeds)
- ✓ Zero grams of trans fat
- ✓ Goal  $\leq 10$  grams of sugar (except dried fruit)
- ✓ 200 mg of sodium or less

**This snack meets all the  
Healthier Choice requirements.**

HEALTHY  
SHASTA

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