Make a good choice.

Look for the Good Choice symbol when choosing a healthy snack from a vending machine. These snacks meet the **10-10-5** rule.

GOOD choice

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%
Sugar 9g	
Protein 2g	
Vitamin D 15%	Potassium 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, crip 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, nautral and artificial flavor, soy lecithin, slat, 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

200 calories or less per serving - ONLY one serving

10% or less Daily Value of total fat

230mg sodium or less

10% or less Daily Value of total carbohydrate

5% or more Daily Value (DV) of at least one: fiber, vitamin D, calcium, potassium, or iron

- Nuts and seeds are okay 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 the carbohydrate limits because it provides nutrients that are beneficial to an overall balanced diet.