



Healthy, Fun Choices

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Fun Bites Nutritional Standards

SNACKS:

Limit These:	Snack Criteria
Calories	≤ 200
Fat*	≤ 35% of total calories
Sodium (Salt)	≤ 230 milligrams
Sugar*	≤ 35% of total calories
AND Include One of These:	
Protein	≥ 5 Grams
Calcium	≥ 10% of Daily Value
Dietary Fiber	≥ 10% of Daily Value
Iron	≥ 10% of Daily Value
Vitamin A	≥ 10% of Daily Value
Vitamin C	≥ 10% of Daily Value
Fruit, Vegetable, Dairy, Whole Grains, or Protein Food	Listed first in the ingredients list

BEVERAGES:

Beverages
Plain Water (without additives or carbonation)
100% Fruit Juice or 100% Low Sodium Vegetable Juice (8oz serving)
Skim or 1% Milk (8oz serving)
Low Fat or Nonfat Flavored Milk with no more than 22g total sugars
Caffeine-free with exception of natural occurring
Calorie-free flavored water ≤ 20 oz (with or without carbonation)
20 oz Portions:
- Calorie-free, flavored water (with or without carbonation)
- Other flavored and/or carbonated beverages containing < 5 calories per 8 oz
12 oz Portions:
- Beverages with ≤ 40 calories per 8 oz or ≤ 60 calories per 12 oz

***Note:** Products containing nuts and seeds will be exempt from the fat guidelines. Products containing dried or dehydrated fruit will be exempt from the sugar guidelines. Yogurt/Frozen Yogurt is allowed 30 grams of total sugar per 8 oz. serving.