

**NEW**

# fitpick<sup>®</sup>

## NUTRITION STANDARDS (NON-SCHOOLS)

PER PACKAGE	<b>250</b>	<b>100</b>
CALORIES	<b>250</b> OR LESS	<b>100</b> OR LESS
FAT	<b>10g</b> OR LESS	<b>3.5g</b> OR LESS
SATURATED FAT	<b>3g</b> OR LESS	<b>1g</b> OR LESS
TRANS FAT	<b>0g</b>	<b>0g</b>
SUGAR	<b>20g</b> OR LESS	<b>8g</b> OR LESS
SODIUM	<b>230mg</b> OR LESS	<b>230mg</b> OR LESS



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◀ FIND THE  
FitPick<sup>®</sup>  
STICKER

NOTE: the values listed are the upper limit and as calories decrease, the allowances for fat and sugar decrease accordingly.