

HEALTHY CHECKOUT: PRODUCT GUIDE FOR RETAILERS

Based on the Center for Science in the Public Interest's model healthy checkout ordinance, this resource provides retailers guidance on implementing a healthy checkout policy. This is not an exhaustive list of all products in the market that meet or do not meet healthy checkout guidelines, but rather provides examples with reasoning for their inclusion.

CATEGORIES

BEVERAGES.....	3
FRUIT	7
VEGETABLES.....	12
NUTS.....	16
SEEDS.....	19
LEGUMES.....	20
DAIRY.....	23
WHOLE GRAINS.....	26
GUM AND MINTS.....	29

HEALTHY CHECKOUT GUIDELINES

Each large retail store shall at all hours during which the store is open to the public ensure that all foods and beverages displayed for sale in a checkout area meet the following standards:

- Beverages with no added sugars and no low- and no-calorie sweeteners.
- Food items with no more than 5 grams of added sugars or 200 milligrams of sodium per labeled serving.
- Food items must be in the following categories: fruit, vegetables, nuts, seeds, legumes, chewing gum and mints with no added sugars, yogurt, cheese, or whole grains.

Low-calorie and no-calorie sweeteners include:

Sucralose, stevia leaf extract, acesulfame potassium, sorbitol, monk fruit extract, aspartame, erythritol, maltitol, allulose, xylitol, isomalt, neotame, mannitol, tagatose, lactitol, hydrogenated starch hydrolysate (HSH), and saccharin

Low-calorie and no-calorie sweeteners do not include:
fruit juice, natural flavors, citric acid

The first ingredient of each product determines its category.

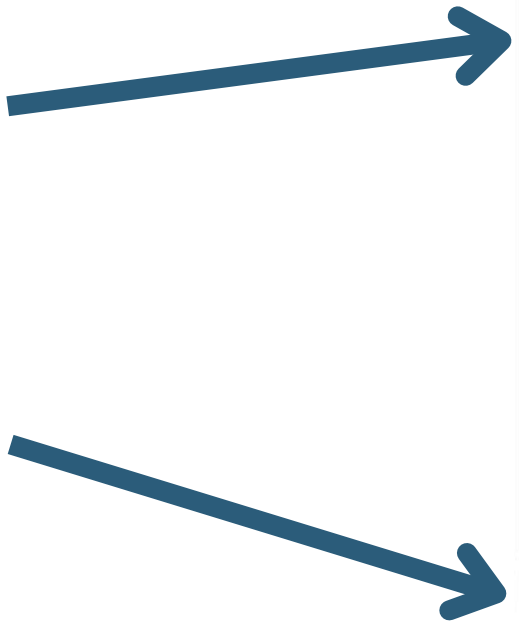
BEVERAGES



MEETS STANDARDS

Any beverage with:

- no added sugars and
- no low- or no-calorie sweeteners



CONTAINS 60% JUICE

Nutrition Facts	
1 serving per container	
Serving size	8.4 fl oz (248mL)
Amount Per Serving	
Calories	70
	% Daily Value*
Total Fat 0g	0%
Sodium 10mg	0%
Total Carbohydrate 16g	6%
Total Sugars 15g	
Includes 0g Added Sugars 0%	
Protein 0g	

Not a significant source of saturated fat, *trans* fat, cholesterol, dietary fiber, vitamin D, calcium, iron, and potassium.

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



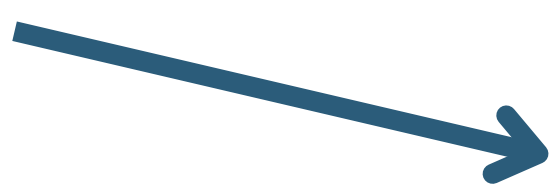
INGREDIENTS: SPARKLING WATER, APPLE JUICE CONCENTRATE, CLARIFIED PINEAPPLE JUICE CONCENTRATE, POMEGRANATE JUICE CONCENTRATE, CRANBERRY JUICE CONCENTRATE, NATURAL FLAVOR, CITRIC ACID, CARROT JUICE CONCENTRATE, BLUEBERRY JUICE CONCENTRATE.



DOES NOT MEET STANDARDS

Any beverage with

- added sugars or
- low- or no-calorie sweeteners



Nutrition Facts	
1 serving per container	
Serving size	1 Bottle
Amount per serving	
Calories	240
	% Daily Value*
Total Fat 0g	0%
Sodium 75mg	3%
Total Carbohydrate 65g	24%
Total Sugars 65g	
Includes 65g Added Sugars 130%	
Protein 0g	

* Not a significant source of saturated fat, *trans* fat, cholesterol, dietary fiber, vitamin D, calcium, iron and potassium.

INGREDIENTS

CARBONATED WATER, HIGH FRUCTOSE CORN SYRUP, CARAMEL COLOR, PHOSPHORIC ACID, NATURAL FLAVORS, CAFFEINE.



CENTER FOR
Science IN THE
Public Interest

BEVERAGES (NATURALLY FLAVORED WATER)

Hint Watermelon Water

Brand: Hint Water

Parent company: Hint Water Inc.

Added sugars per serving: 0 g

Sodium per serving: 0 mg



Deer Park Triple Berry Sparkling Water

Brand: Deer Park

Parent company: Nestle

Added sugars per serving: 0 g

Sodium per serving: 0 mg



Spindrift Pink Lemonade Water

Brand: Spindrift

Parent company: Spindrift

Added sugars per serving: 0 g

Sodium per serving: 0 mg



Bubly Grapefruit Sparkling Water

Brand: Bubly

Parent company: PepsiCo.

Added sugars per serving: 0 g

Sodium per serving: 0 mg



Photos: Drinkhint.com, deerparkwater.com, drinkspindrift.com, bubly.com

BEVERAGES (COCONUT WATER, JUICE, MILK, SMOOTHIES)

Vita Coco Peach and Mango Coconut Water

Brand: The Vita Coco Company

Parent company: All Market Inc.

Added sugars per serving: 0 g

Sodium per serving: 85 mg



Tropicana Zero Sugars Summer Splash Punch

Brand: Tropicana

Parent company: PepsiCo.

Added sugars per serving: 0 g

Sodium per serving: 25 mg



Horizon Organic Lowfat Milk

Brand: Horizon Organic

Parent company: Danone

Added sugars per serving: 0 g

Sodium per serving: 130 mg



Naked Smoothie Mighty Mango

Brand: Naked Juice Co.

Parent company: PepsiCo.

Added sugars per serving: 0 g

Sodium per serving: 20 mg



Photos: vitacoco.com, tropicana.com, horizon.com, nakedjuice.com

BEVERAGES (DO NOT MEET STANDARDS)

Pure Leaf Raspberry Sweet Tea

Serving has 46 grams of added sugars



Mountain Dew

Serving has 77 grams of added sugars



Diet Pepsi

Contains aspartame (a no-calorie sweetener)



Nesquik Chocolate Milk

Serving has 18 grams of added sugars



FRUIT

Includes: whole fruit, sliced fruit, dried fruit, fruit bar, flavored fruit, fruit and yogurt bites, fruit pouch, smoothies



MEETS STANDARDS

- Any fruit or fruit product with no more than 200 mg of sodium per serving
- Any fruit or fruit product with no more than 5 grams of added sugars per serving
- Fruit must be the first ingredient

Nutrition Facts	
12 servings per container	
Serving size	1 Bar (35g)
Amount Per Serving	
Calories	100
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 30mg	1%
Total Carbohydrate 22g	8%
Dietary Fiber 4g	14%
Total Sugars 17g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 8mg	0%
Iron 0mg	0%
Potassium 332mg	8%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



DOES NOT MEET STANDARDS

- Any fruit or fruit product more than 200 mg of sodium per serving
- Any fruit or fruit product with more than 5 grams of added sugars per serving
- A fruit product where fruit is not the first ingredient

CALORIES	AMOUNT PER SERVING	%DV
80	Total Fat 0g	0%
	Saturated Fat 0g	0%
	Trans Fat 0g	
	Cholesterol 0mg	0%
	Sodium 30mg	1%
	Total Carbohydrates 19g	6%
	Sugar 10g	
	Protein 0g	
	Vitamin A	4%
	Vitamin C	100%

INGREDIENTS
 CORN SYRUP, SUGAR, MODIFIED CORN STARCH, PEAR JUICE CONCENTRATE, APPLE JUICE CONCENTRATE, STRAWBERRY PUREE, CARROT JUICE CONCENTRATE. CONTAINS 2% OR LESS OF: FRUIT PECTIN, CITRIC ACID, VITAMIN C (ASCORBIC ACID), DEXTROSE, SODIUM CITRATE, MALIC ACID, POTASSIUM CITRATE, SUNFLOWER OIL*, VEGETABLE AND FRUIT JUICE ADDED FOR COLOR, NATURAL FLAVOR, CARNAUBA WAX. *ADDS A TRIVIAL AMOUNT OF FAT
 MOTT'S is a registered trademark of Mott's LLP, used by General Mills under license. ©2017 Mott's LLP.



FRUITS (WHOLE FRUIT, SLICED FRUIT)

Apple

Brand: N/A

Parent company: N/A

Added sugars per serving: 0 g

Sodium per serving: 0 mg



Banana

Brand: N/A

Parent company: N/A

Added sugars per serving: 0 g

Sodium per serving: 1 mg



Blueberries

Brand: N/A

Parent company: N/A

Added sugars per serving: 0 g

Sodium per serving: 1 mg



Sliced Pineapple

Brand: N/A

Parent company: N/A

Added sugars per serving: 0 g

Sodium per serving: 1 g



FRUITS (DRIED)

Bare Baked Crunchy Apple Chips

Brand: Bare Snacks

Parent company: PepsiCo.

Added sugars per serving: 0 g

Sodium per serving: 0 mg



Mariani Dried Apricots

Brand: Mariani

Parent company: Mariani

Added sugars per serving: 0 g

Sodium per serving: 25 mg



Sunsweet Amazin' Pitted Dried Prunes

Brand: Sunsweet

Parent company: Sunsweet Growers Incorporated

Added sugars per serving: 0 g

Sodium per serving: 0 mg



Sun-Maid Sour Watermelon Golden Raisin

Brand: Sun-Maid

Parent company: Sun-Maid

Added sugars per serving: 0 g

Sodium per serving: 5 mg



FRUITS (BARS, YOGURT BITES, POUCH)

That's It! Apple and Strawberry Bar

Brand: That's it. Fruit

Parent company: That's it. Nutrition.

Added sugars per serving: 0 g

Sodium per serving: 30 mg



Pure Organic Pineapple & Passion Fruit Layered Fruit Bar

Brand: Pure Organic

Parent company: Kellogg's

Added sugars per serving: 4 g

Sodium per serving: 0 mg



Wyman's Just Fruit and Greek Yogurt Bites

Brand: Wyman's

Parent company: Wyman's

Added sugars per serving: 3 g

Sodium per serving: 10 mg



GoGo Squeez Apple Pear Pouch

Brand: GoGo Squeez

Parent company: Materne North America

Added sugars per serving: 0 g

Sodium per serving: 0 mg



Photos: thatsitfruit.com, pureorganic.com, wymans.com, gogosqueez.com

FRUITS (DO NOT MEET STANDARDS)

Ocean Spray Craisins Dried Cranberries Cherry

Serving has 26 grams of added sugars



Motts Fruit Medleys Berry

Serving has 9 grams of added sugars and the first ingredient is corn syrup



Welch's Zero Sugars Mixed Fruit

First ingredient is not fruit



Smart Sweets Sourmelon Bites

First ingredient is not fruit



VEGETABLES

Includes: whole vegetables, sliced vegetables, chips, freeze dried vegetables



MEETS STANDARDS

- Any vegetable or vegetable product with no more than 200 mg of sodium per serving
- Any vegetable or vegetable product with no more than 5 grams of added sugars per serving

Nutrition Facts	
Valeur nutritive	
Per 20 chips (40 g) pour 20 croustilles (40 g)	
Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 200	
Fat / Lipides 12 g	18 %
Saturated / saturés 1 g + Trans / trans 0 g	5 %
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 110 mg	5 %
Carbohydrate / Glucides 23 g	8 %
Fibre / Fibres 3 g	12 %
Sugars / Sucres 3 g	
Protein / Protéines 1 g	
Vitamin A / Vitamine A	4 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	4 %
Iron / Fer	4 %



DOES NOT MEET STANDARDS

- Any vegetable or vegetable product with more than 200 mg of sodium per serving
- Any vegetable or vegetable product with more than 5 grams of added sugars per serving

Nutrition Facts	
Serving size	About 17 chips (28g)
Amount per serving	
Calories	160
% Daily Value*	
Calories 160	
Fat 10g	15%
Saturated 1.5g	7%
Trans 0g	
Trans Fatty Acids 0g	
Cholesterol 0mg	0%
Sodium 220mg	9%
Carbohydrates 15g	5%
Fiber 1g	5%
Sugars 1g	
Protein 2g	
Calcium 0mg	0%
Iron 0.6mg	2%
Potassium 320mg	9%
Vitamin D	0%
Vitamin C	10%



CENTER FOR
Science IN THE
Public Interest

VEGETABLES (WHOLE, SLICED)

Carrots

Brand: N/A

Parent company: N/A

Added sugars per serving: 0 g

Sodium per serving: 0 mg



Cherry Tomatoes

Brand: N/A

Parent company: N/A

Added sugars per serving: 0 g

Sodium per serving: 0 mg



Celery

Brand: N/A

Parent company: N/A

Added sugars per serving: 0 g

Sodium per serving: 0 mg



Cucumber

Brand: N/A

Parent company: N/A

Added sugars per serving: 0 g

Sodium per serving: 0 mg



Photos: pixabay.com (voltamax, joshuabradley6920, repuclica, monika1607)

VEGETABLES (CHIPS, FREEZE DRIED)

Popchips Potato Chips

Brand: Popchips, Inc.

Parent company: Velocity Snack Brands

Added sugars per serving: 0 g

Sodium per serving: 150 mg



Gimme Teriyaki Seaweed Snacks

Brand: Gimme Health Foods Inc.

Parent company: Gimme Health Foods Inc.

Added sugars per serving: 0.5 g

Sodium per serving: 50 mg



Frito-Lay Harvest Cheddar Sun Chips

Brand: Frito-Lay

Parent company: PepsiCo, Inc

Added sugars per serving: 2 g

Sodium per serving: 170 mg



Concord Fresh Success Corn & Roasted Red Bell Pepper

Brand: Concord Foods

Parent company: Concord Foods

Added sugars per serving: 0 g

Sodium per serving: 190 mg



VEGETABLES (DO NOT MEET STANDARDS)

Kettle Brand Sea Salt & Vinegar Potato Chips

Serving has 280 mg of sodium



Ruffles Baked Cheddar & Sour Cream

Serving has 250 mg of sodium



Herr's Salt and Vinegar

Serving has 490 mg of sodium



Herr's Barbeque Potato Chips

Serving has 290 mg of sodium



NUTS

Includes: packaged nuts, nut butters



MEETS STANDARDS

- Any nut or nut product with no more than 200 mg of sodium per serving
- Any nut or nut product with no more than 5 grams of added sugars per serving



Nutrition Facts

PER SERVING

Calories 170

	% DAILY VALUE
Total Fat 16 g	20%
Saturated Fat 1 g	6%
Trans Fat 0 g	
Polyunsaturated Fat 4 g	
Monounsaturated Fat 10 g	
Cholesterol 0 mg	
Sodium 85 mg	4%
Total Carbohydrate 5 g	2%
Dietary Fiber 3 g	10%
Total Sugars 1 g	
Added Sugars 0 g	
Protein 6 g	
Vitamin D 0 mcg	
Calcium 80 mg	6%
Iron 1 mg	6%
Potassium 190 mg	4%
Vitamin E 7.4 mg	50%
Magnesium 75 mg	20%



DOES NOT MEET STANDARDS

- Any nut or nut product with more than 200 mg of sodium per serving
- Any nut or nut product with more than 5 grams of added sugars per serving

Nutrition Facts

Serving Size 1/4 cup (31g)

Amount Per Serving

Calories 160

% Daily Value*

Total Fat 9g	12%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 110mg	5%
Total Carbohydrate 18g	6%
Dietary Fiber 1g	4%
Total Sugars 11g	
Incl 6g of Added Sugars	12%
Protein 3g	%
Vitamin D 0µg	0%
Calcium 16mg	2%
Iron 1mg	6%
Potassium 98mg	2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.



CENTER FOR
Science IN THE
Public Interest

NUTS (NUTS, NUT BUTTERS)

Emerald Dry Roasted Almonds

Brand: Emerald Nuts

Parent company: Diamond Foods, Inc.

Added sugars per serving: <1 g

Sodium per serving: 125 mg



Planters NUT-rition Healthy Heart Mix

Brand: Planters Nut and Chocolate Company

Parent company: Hormel

Added sugars per serving: 0 g

Sodium per serving: 55 mg



Wonderful Pistachios Roasted and Salted

Brand: The Wonderful Company

Parent company: The Wonderful Company

Added sugars per serving: 0 g

Sodium per serving: 135 mg



Justin's Classic Almond Butter

Brand: Justin's

Parent company: Hormel

Added sugars per serving: 0 g

Sodium per serving: 10 mg



NUTS (DO NOT MEET STANDARDS)

Kar's PB 'n Dark Chocolate

Serving has 19 grams of added sugars



Emerald Glazed Pecans

Serving has 8 g added sugars



Blue Diamond Smokehouse Almonds

Serving has 230 mg of sodium



Sahale Pomegranate Vanilla Flavored Cashews

Serving has 7 g added sugars



SEEDS

NOTE: CHOCOLATE SHOULD NOT BE CONSIDERED A SEED



MEETS STANDARDS

- Any seed or seed product with no more than 200 mg of sodium per serving
- Any seed or seed product with no more than 5 grams of added sugars per serving

NUTRITIONAL INFORMATION ×

14 servings per container
Serving size 1/4 cup (28g)

Amount Per Serving

	Calories	160
	% Daily Value*	
Total Fat 13g		17%
Saturated Fat 2.5g		13%
Trans Fat 0g		
Cholesterol 0mg		0%
Sodium 135mg		6%
Total Carbohydrate 4g		1%
Dietary Fiber 3g		11%
Total Sugars 0g		
Added Sugars 0g		0%
Protein 8g		8%
Vitamin D 0mcg		0%
Calcium 12mg		0%
Iron 2mg		10%
Potassium 182mg		4%
Phosphorus 280mg		20%
Magnesium 137mg		35%



DOES NOT MEET STANDARDS

- Any seed or seed product with more than 200 mg of sodium per serving
- Any seed or seed product with more than 5 grams of added sugars per serving

Nutrition Facts

About 2.5 servings per container
Serving Size 1/4 cup (28g in shell)

Amount Per Serving

	Calories	140
	% Daily Value*	
Total Fat 9 g		12%
Saturated Fat 1.5 g		8%
Trans Fat 0 g		
Polyunsaturated Fat 4.5 g		
Monounsaturated Fat 2.5 g		
Cholesterol 0 mg		0%
Sodium 1100 mg		48%
Total Carbohydrate 8 g		3%
Dietary Fiber 6 g		21%
Total Sugars < 1 g		
Added Sugars 0 g		0%
Protein 7 g		13%
Vitamin D 0 mcg		0%
Calcium 0 mg		0%
Iron 1.6 mg		8%
Potassium 140 mg		2%
Zinc 1.4 mg		15%

The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 Calories a day is used for general nutrition advice.



CENTER FOR
 Science IN THE
 Public Interest

LEGUMES

Includes: snacks, peanuts, peanut butter, hummus



MEETS STANDARDS

- Any legume or legume product with no more than 200 mg of sodium per serving
- Any legume or legume product with no more than 5 grams of added sugars per serving

Nutrition Facts	
1 serving per container	
Serving size	About 29 pieces (21g)
Amount Per Serving	
Calories	110
% Daily Value*	
Total Fat 5g	6%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 130mg	6%
Total Carbohydrate 13g	5%
Dietary Fiber 1g	4%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 2g	
Vit. D 0mcg 0%	Calcium 10mg 0%
Iron 0mg 0%	Potas. 20mg 0%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



DOES NOT MEET STANDARDS

- Any legume or legume product with more than 200 mg of sodium per serving
- Any legume or legume product with more than 5 grams of added sugars per serving



Nutrition Facts	Amount/serving	% DV	Amount/serving	% DV	Amount/serving	% DV
	Total Fat 11g	14%	Sodium 160mg	7%	Incl. 6g Added Sugars	13%
Saturated Fat 2.5g	11%	Total Carb. 27g	10%	Protein 7g	9%	
Trans Fat 0g		Dietary Fiber 3g	10%			
Cholesterol 0mg	0%	Total Sugars 10g				
Calories per serving 230		Vit. D 0mcg 0% • Calcium 20mg 2% • Iron 1mg 6% • Potassium 111mg 2% • Vit. E 25% • Phosphorus 8% • Magnesium 10%				

Ingredients and nutrition facts shown here may differ from what you find in stores. Please refer to the actual packaging for current information for this product.

LEGUMES (SNACKS, PEANUTS, PEANUT BUTTERS)

Bada Bean Bada Boom Garlic Onion Crunchy Broad Beans

Brand: Enlightened

Parent company: Beyond Better Foods

Added sugars per serving: 1 g

Sodium per serving: 180 mg



Harvest Snaps Baked Green Pea Snacks

Brand: Harvest Snaps

Parent company: Calbee America

Added sugars per serving: 0 g

Sodium per serving: 75 mg



Planter's Salted Peanuts

Brand: Planters Nut and Chocolate Company

Parent company: Hormel

Added sugars per serving: 0 g

Sodium per serving: 95 mg



JIF Creamy Peanut Butter Package

Brand: JIF

Parent company: J.M Smucker Company

Added sugars per serving: 3 g

Sodium per serving: 180 mg



LEGUMES (DO NOT MEET STANDARDS)

Clif Bar Peanut Butter Nut Butter Bar

Serving has 6 g of added sugars



Payday Candy Bar

Serving has 20 g of added sugars



Planters Heat Peanuts

Serving has 300 mg of sodium



Goldenberg's Peanut Chews

Serving has 23 g of added sugars



DAIRY

Includes: yogurt and cheese



MEETS STANDARDS

- Any dairy product with no more than 200 mg of sodium per serving
- Any dairy product with no more than 5 grams of added sugars per serving



Full Nutritional Details ^

Serving Size	5.3 oz
Calories	60
Serving Per Container	1
Amount per servings	
	%DV*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	-
Cholesterol 10mg	3%
Sodium 65mg	3%
Total Carbohydrate 5g	2%
Dietary Fiber <1g	0%
Total Sugars 0g	-
Includes 0g Added Sugars	0%
Protein 11g	22%
Vitamin D 0%	
Calcium 10%	
Iron 0%	
Potassium 0%	



DOES NOT MEET STANDARDS

- Any dairy product with more than 200 mg of sodium per serving
- Any dairy product with more than 5 grams of added sugars per serving

NUTRITION

Serving Size: 1 Container (113g)

Calories 120

Amount/Serving	%DV*
Total Fat 2.5g	3%
Saturated Fat 1g	5%
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
Cholesterol <5mg	2%
Sodium 75mg	3%
Total Carbohydrate 21g	8%
Dietary Fiber 0g	0%
Total Sugars 15g	
Added Sugars 11g	22%
Protein 3g	6%
Vitamin D 2.1mcg	10%
Calcium 120mg	10%
Iron 0.4mg	2%
Potassium 150mg	4%

*Percent Daily Values are based on a 2,000 calorie diet.



DAIRY (YOGURT, CHEESE)

Oikos Pro Peach Cultured Ultra Filtered Yogurt

Brand: Oikos

Parent company: Danone

Added sugars per serving: 0 g

Sodium per serving: 45 mg



Two Good Coconut Greek Yogurt

Brand: Two Good Greek Yogurt

Parent company: Danone

Added sugars per serving: 0 g

Sodium per serving: 35 mg



Siggi's Strawberry Banana Lowfat Yogurt Pouch

Brand: Siggi's

Parent company: Lactalis

Added sugars per serving: 4 g

Sodium per serving: 20 mg



Land O Lakes Reduced Fat Cheese Mild Cheddar

Brand: Land O Lakes

Parent company: Dean Foods

Added sugars per serving: 0 g

Sodium per serving: 190 mg



Photos: oikosyogurt.com, twogoodyogurt.com, siggis.com, landolakesfoodservice.com

DAIRY (DO NOT MEET STANDARDS)

Raspberry Noosa Yogurt

Serving has 17 grams of added sugars



Dannon Strawberry Fruit on the Bottom Yogurt

Serving has 15 g of added sugars



Yoplait Original Harvest Peach Yogurt

Serving has 14 g of added sugars



Good Culture Simply Pineapple Cottage Cheese

Serving has 390 mg of sodium



WHOLE GRAINS

Includes: popcorn, granola bars, more than night oats, whole wheat crackers



MEETS STANDARDS

- Any whole grain product with no more than 200 mg of sodium per serving
- Any whole grain product with no more than 5 grams of added sugars per serving

Nutrition Facts
about 4.5 servings per container
Serving Size 3 3/4 cups (28g)

Amount Per Serving		
Calories		150
		% Daily Value*
Total Fat	9 g	12%
Saturated Fat	1 g	5%
Trans Fat	0 g	
Polyunsaturated Fat	2 g	
Monounsaturated Fat	5 g	
Cholesterol	0 mg	0%
Sodium	150 mg	7%
Total Carbohydrate	16 g	6%
Dietary Fiber	2 g	7%
Total Sugars	0 g	
Added Sugars	0 g	0%
Protein	2 g	
Vitamin D	0 mcg	0%
Calcium	0 mg	0%
Iron	0.4 mg	2%
Potassium	0 mg	0%

The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 Calories a day is used for general nutrition advice.



DOES NOT MEET STANDARDS

- Any whole grain product with more than 200 mg of sodium per serving
- Any whole grain product with more than 5 grams of added sugars per serving

Nutrition Facts
Servings Per Container 8
Serving Size 1 Bar (37 g)

Amount Per Serving		
Calories		130
	Amount/Serving	% Daily Value*
Total Fat	3.5 g	4%
Saturated Fat	0.5 g	3%
Trans Fat	0 g	
Cholesterol	0 mg	0%
Sodium	140 mg	6%
Total Carbohydrate	25 g	9%
Dietary Fiber	1 g	5%
Total Sugars	12 g	
Includes 12g Added Sugars	12 g	24%
Protein	2 g	
Vitamin D	0 mcg	0%
Calcium	130 mg	10%
Iron	1.8 mg	10%



WHOLE GRAINS (POPCORN, GRANOLA BARS, MORE THAN NIGHT OATS, WHOLE WHEAT CRACKERS)

Smartfood Flamin Hot

Brand: Smartfood

Parent company: Frito-Lay

Added sugars per serving: 0 g

Sodium per serving: 200 mg



Cascadian Farm Organic Blueberry Vanilla Chewy Bars

Brand: Cascadian Farm Organic

Parent company: General Mills

Added sugars per serving: 0 g

Sodium per serving: 40 mg



MUSH Apple Cinnamon

Brand: MUSH

Parent company: MUSH

Added sugars per serving: 0 g

Sodium per serving: 120 mg



Nabisco Original Wheat Thins Whole Wheat Crackers

Brand: Wheat Thins

Parent company: Nabisco

Added sugars per serving: 4 g

Sodium per serving: 190 mg



WHOLE GRAINS (DO NOT MEET STANDARDS)

KIND Breakfast Peanut Butter Bar

Serving has 6 grams of added sugars



Cracker Jack Original Popcorn and Peanut Caramel Coated

Serving has 17 g of added sugars



Nature Valley Cinnamon Brown Sugars Soft Baked Oatmeal Squares

Serving has 8 g of added sugars



Ritz Bitz Sandwiches

Serving has 210 mg of sodium



Photos: kindsnacks.com, fritolay.com, naturevalley.com, snackworks.com

GUM AND MINTS



MEETS STANDARDS

- Any gum or mint with no added sugars.



DOES NOT MEET STANDARDS

- Any gum or mint with added sugars.



GUMS AND MINTS

Pur Peppermint Sugars-Free Mints

Brand: The Pur Company

Parent company: The Pur Company

Added sugars per serving: 0 g

Sodium per serving: 0 mg



Mentos Cleanbreath Intense Mints Intense Peppermint

Brand: Mentos

Parent company: Perfetti Van Melle

Added sugars per serving: 0 g

Sodium per serving: 0 mg



Orbit Bubblemint Sugarfree Chewing Gum

Brand: Orbit

Parent company: Wrigley Company

Added sugars per serving: 0 g

Sodium per serving: 0 mg



Trident Tropical Twist Sugars-Free Gum

Brand: Trident

Parent company: Cadbury, Mondelez International

Added sugars per serving: 0 g

Sodium per serving: 0 mg



GUMS AND MINTS (DO NOT MEET STANDARDS)

Simply Mints Peppermint

Serving has added sugars



Tic-Tac Fruit Adventure Mints

Serving has added sugars



Bubble Yum Original

Serving has added sugars



Juicy Fruit Original Bubble Gum

Serving has added sugars



Photos: simplygum.com, tictac.com, hersheyland.com, amazon.com