

# 35-10-35 Nutrition Standards

Healthy Snacks/Party Guidelines



# Simple Steps to Determine what Fits:

**1. NOT MORE THAN 35% FAT:** Looking at your product's nutrition label, take the number of calories from fat (not the number of grams) and divide that number by the total number of calories in the product. On the nutrition label, calories from fat is listed next to the total calories for the product. **EXAMPLE:** if the NAMA Big Bar has 350 calories and 50 of those calories are from fat, divide 50 by 350 and you will get .14 or 14% fat. Since 14% meets the requirement of less than 35% fat, the NAMA Big Bar is doing well.

**2. NOT MORE THAN 10% SATURATED FAT:** Return to your product's nutrition label and look for saturated fat. If this number is only available in grams, take the number of grams and multiply it by 9. (There are 9 calories in each gram of fat.) Take the number of calories from saturated fat and divide it by the total number of calories in the product. **EXAMPLE:** If the NAMA Big Bar has 2.5g of saturated fat, it has 22.5 calories from saturated fat ( $2.5 \times 9 = 22.5$ ). Dividing 22.5 by 350 total calories (calories listed in step 1) gives us .06 or 6%. Since 6% meets the requirement of less than 10% of the calories coming from saturated fat, the NAMA Big Bar is still doing well.

**3. NOT MORE THAN 35% OF TOTAL WEIGHT FROM SUGAR:** Check your nutrition label for the weight of your product in grams. Now look farther down the label for the number of sugar grams. Divide the number of grams of sugar by the total number of grams in the product to find the percentage of weight from sugar. **EXAMPLE:** The NAMA Big Bar is 100g and it has 24 grams of sugar. Dividing 24 by 100 gives us .24 or 24% of the total weight from sugar. The NAMA Big Bar has passed all three standards and has earned its Fit Pick sticker.

# Pre-Packaged Food & Snacks

- USDA Guidelines for Healthy Americans
- **35-10-35 rule**
  - <35% of calories from fat
  - <10% of calories from saturated fat
  - <35% of calories from sugar by weight
- No trans-fats
- Avoid HFCS if possible

Nutrition Facts			
Serving Size 1 cup (30g)			
Amount Per Serving			
Calories 111		Calories from Fat 16	
% Daily Value*			
<b>Total Fat</b>	2g		3%
Saturated Fat	0g		2%
Trans Fat			
<b>Cholesterol</b>	0mg		0%
<b>Sodium</b>	213mg		9%
<b>Total Carbohydrate</b>	22g		7%
Dietary Fiber	4g		14%
<b>Sugars</b>	1g		
<b>Protein</b>	4g		
Vitamin A	10%	Vitamin C	10%
Calcium	12%	Iron	57%
*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
NutritionData.com			