How to Determine if a Product meets Guidelines

Directions:
Follow these steps to determine if a product is eligible for meeting the healthy guidelines. If a product fails to meet one guideline, the whole product fails to meet guidelines and is thus excluded. So if it is excluded based on one, do not continue to calculate other criteria.

1. **Maximum of 30% Total Calories From Fat**

(Calories from Fat ÷ Total Calories) x 100

-In this example 160 ÷ 180 = 0.89 0.89 x 100 = 89%

-Result: This product is ineligible due to 89% of total calories from fat. If this were a real product, we would stop here but since it's an example, we will continue calculations

Fat Example

Saturated Fat Example

2. **10% Total Calories from Saturated Fat**

(Grams of Saturated Fat * 9 calories/gram) ÷ Total Calories) x 100

- In this example (1.5 x 9) ÷ 180 = 13.5 ÷ 180 = 0.075 0.075 x 100 = 7.5%

-Result: This product meets the criteria for saturated fat with only 7.5%

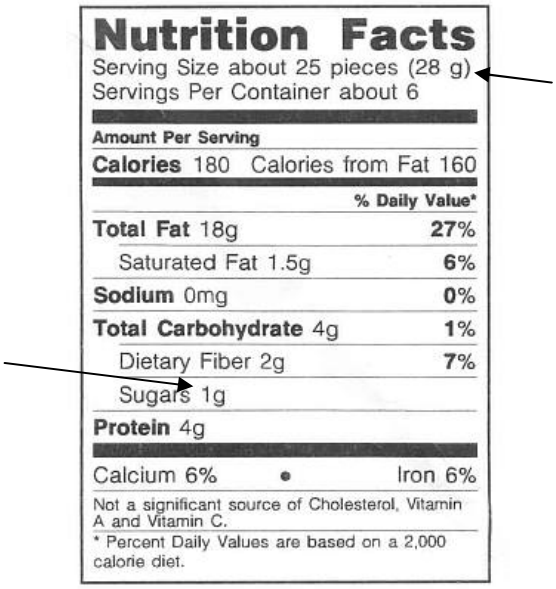
3. **35% Sugar by weight**

(Grams of sugar ÷ Total weight in grams) x 100

- In this example (1 ÷ 28) = 0.036 0.036 x 100 = 3.6%

-Result: This product meets the criteria for sugar with only 3.6%

Sugar Example



Nutrition Facts

Serving Size about 25 pieces (28 g)
Servings Per Container about 6

Amount Per Serving

Calories 180 Calories from Fat 160

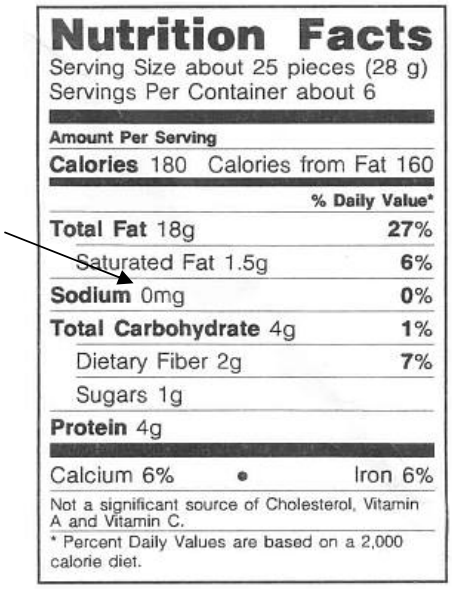
	% Daily Value*
Total Fat 18g	**27%**
Saturated Fat 1.5g	**6%**
Sodium 0mg	**0%**
Total Carbohydrate 4g	**1%**
Dietary Fiber 2g	**7%**
Sugars 1g	
Protein 4g	

Calcium 6% • Iron 6%

Not a significant source of Cholesterol, Vitamin A and Vitamin C.

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

Sodium Example



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4. **Maximum of 600 mg of sodium**

Look at mg of sodium (in orange) and determine if it is less than 600

- In this example 0mg of sodium

-Result: This product meets the criteria for sodium with 0 mg < 600

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