



CHOOSING PRODUCTS TO SELL FOR HEALTHY RETAIL SF

Check Percent Juice

Look for **100% Juice**

Check Serving Size

Nutrients are listed per serving, not the entire container

Check Calories

Less of these Nutrients

Look for **low percentages**

More of these Nutrients

Look for **high percentages**














Read This!

Watch out for:

- Added sugars (ie. high fructose corn syrup, fructose, brown rice syrup)
- Hydrogenated oils

Contains 20% Juice

Nutrition Facts	
Serving Size 1 cup (228g)	
Servings Per Container about 2	
Amount Per Serving	
Calories 250	Calories from Fat 110
	% Daily Value*
Total Fat 12g	18%
Saturated Fat 3g	15%
<i>Trans</i> Fat 3g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Proteins 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%
* 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
Saturated Fat	Less than 20g 25g
Ingredients	
Whole Oats, Brown Rice Syrup, Rice Crisps (Milled Rice, Sugar, Salt, Barley Malt), Dried Apples, Evaporated Cane Juice Syrup, Raisins, Roasted Soy Beans, Almond Butter, Honey, Pear and Grape Juice Concentrate, Brown Rice Flour, Soy Protein Isolate, Glycerin, Natural Flavors, Cinnamon, Nonfat Milk	
Contains milk, nut and soy ingredients. Made on equipment that also processed peanuts and wheat.	

		What to Look For	What to Avoid
GRAINS	Bread	Fiber more than 10% Daily Value per serving Whole Wheat Whole Grain 	Enriched flour Wheat flour Partially hydrogenated oil Hydrogenated oil High fructose corn syrup 
	Cereal	Fiber more than 10% Daily Value per serving Sugar less than 7g per serving 	
SNACKS	Fat less than 10% Daily Value per serving Sugar less than 10g per serving 		
BEVERAGES	Juice	No sugar added 100% Juice 	Sugar sweetened beverages Soda 
	Milk	Low Fat (1%) Non-Fat (skim) Unsweetened Non-Dairy Milk (soy, almond, rice) 	Added sugar Flavors (chocolate, strawberry) Sweetened milks 
CANNED/FROZEN	Frozen Fruits and Vegetables	No sugar added 	Added sugars
	Canned Fruit	No sugar added Fruit in 100% juice 	Added sugars Heavy syrup Lite syrup 
	Canned Beans, Vegetables, and Soups	Sodium less than 140 mg per serving 	
	Frozen Meals	Fat less than 12% Daily Value per serving Sodium less than 800 mg 