

## TAKE THE SNACK FOOD LABEL READING CHALLENGE

Each column below represents the guidelines for two snack food policies:  
Please help us determine which policy is easiest to use by using a food label to determine if the food you are assessing is compliant with the policy.

Using the label we supply please circle your answer below:

Does the snack comply with policy 1?	Yes	No
Does the snack comply with policy 2?	Yes	No
Which policy was easier to use?	1	2

### Policy 1

- 7 grams or less of fat
- 2 grams or less of saturated fat
- 0 grams of trans fat
- 15 grams or less of sugar
- 250 milligrams or less of sodium
- No artificial sweeteners
- All low & reduced fat milks & yogurt that include less than 30 grams of sugar per 8oz serving are acceptable

### Policy 2

- Food will have no more than 35% of its calories from fat (excluding nuts, seeds, peanut butter, and other nut butters)
- Food will have no more than 10% of its calories from saturated and trans fat combined
- Food will have no more than 35% of its *weight* from added sugar