

## Product Information

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Take the guess work out of your day! Answer a series of questions to see if your product meets the USDA's Smart Snacks in School nutrition standards\*. Then save and print for your records!

\*Results from this calculator have been determined by the U.S. Department of Agriculture to be accurate in assessing product compliance with the Federal requirements for Smart Snacks in Schools provided the information is not misrepresented when entered into the Calculator.

**CHECK OUT THE BLUE INFORMATION BUBBLES FOR ASSISTANCE!** If unable to view, please update your browser or try a different browser. Please refer to USDA's Q&A document for additional guidance on specific products.

Enter product information as SOLD (as portioned and eaten, such as a beef patty on a bun with accompaniments).

**NOTE:** As of July 1, 2016, %DV is no longer a qualifying standard for compliance.

### My Product is a ...

- a) Snack ⓘ
- b) Side ⓘ
- c) Entree ⓘ
- d) Beverage ⓘ

**Is the first ingredient\* of your product a ...**

- a) Fruit ⓘ**
- b) Vegetable ⓘ**
- c) Dairy ⓘ**
- d) Protein food ⓘ**
- e) Whole Grain ⓘ**
- f) None of the above**

\*Refer to the label's ingredient statement. If the first ingredient is water, is the second ingredient one of the options above.



**Enter your product's nutrition information per amount SOLD (including all components and accompaniments)\***

## Nutrition Facts

Serving Size oz  (about g)  ⓘ

Servings Per Container

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Amount Per Serving

Calories

Calories from Fat

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Total Fat (g)

Saturated Fat (g)

Trans Fat (g)

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Sodium (mg)

**Carbohydrates**

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Sugars (g)

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\*For BULK products only, enter servings per container as "1". Do not enter the servings per container for the entire bulk box or case.

## ⊗ Your product is NOT compliant.

Your whole grain product does not meet the following nutrient standards:

- ✗ Calories exceed 200.
- ✗ Calories from total fat exceed 35%.
- ✗ Sodium exceeds 200 mg.

Brand

Product

Browse products that meet the [Smart Snacks in School Standards](#).

Confused by this result? [Contact us](#) for more information.

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## Your product is compliant!

Your whole grain product meets all nutrient standards for entrees or snack foods.

**Brand**

**Serving Size**

**Product**

**First Ingredient**

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## Smart Snacks Product Calculator Results

Brand:  
**nature valley**


Product Name:  
**backpackers**

Serving Size:  
**1.24 oz.**

First Ingredient:  
**whole grain oats**

Your whole grain product meets all nutrient standards for entrees or snack foods.

## Nutrition Facts

Serving Size 1.24 oz (about 35.15 g) 

Servings Per Container

Amount Per Serving

Calories 150

Calories from Fat 50

Total Fat (g) 6

Saturated Fat (g) 1.5

Trans Fat (g) 0

Sodium (mg) 125

Carbohydrates

Sugars (g) 9

Vitamin D (%) NA

Potassium (%) NA

Calcium (%) NA

Dietary Fiber (%) NA

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