

WE ALL WANT HEALTHY CHILDREN

Protecting Our Children from Unhealthy Food & Beverage Marketing

Healthy Food and Beverage Alternatives

Cereal

Use the Nutrition Facts label to choose healthy cereals:

- Sodium: no more than 215 milligrams
- Sugar: no more than 10 grams
- Fiber: at least 2 grams

Good choices: cereals made with whole wheat, bran, and oats, such as toasted oats, oatmeal, bran flakes and shredded wheat

Snacks

Use the Nutrition Facts label to choose snacks that meet the following requirements per serving:

- Calories: no more than 200 calories
- Fat: no more than 7 grams (except nuts and seeds)
- Saturated fat: no more than 2 grams (except nuts and seeds)
- Trans fat: 0 grams
- Sodium: no more than 200 milligrams
- Sugar: no more than 10 grams
- Fiber: at least 2 grams, if product is grain/potato-based (for example, granola bars, crackers, pretzels, cookies, chips)

Good choices: nuts, trail mix, baked chips, multigrain chips and granola bars

Beverages

Choose low-fat unflavored milk or beverages with no more than 25 calories per 8 ounces

Good choices: water, seltzer, unsweetened tea and unsweetened flavored water and seltzer

