



is there 10%
+ Calcium

is there 10%
+ Vitamin C

is there
10% +
Iron

is there 10%
+ Vitamin A

is there at
least 5 g
Protein

is there
10% +
Fiber

Put down a finger if the item has:

- 10% or more Saturated Fat (items like peanut butter have good fats such as poly and monounsaturated fats.) **OR**
- 200 calories or more per serving **OR**
- Sugar is one of the first three ingredients