

# Is this product compliant within the Highline School District?

Nutrition Facts	
Serving Size 1 Bar (28g)	Servings Per Container 10
<b>Amount Per Serving</b>	
Calories 120	Calories from Fat 35
	<b>% Daily Value*</b>
<b>Total Fat</b> 4g	6%
Saturated Fat 1.5g	8%
Trans Fat 0g	-
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 60mg	2%
<b>Total Carbohydrates</b> 20g	7%
Dietary Fiber 1g	5%
Sugars 9g	
<b>Protein</b> 1g	
<b>Iron</b>	4%
<b>Calcium</b>	10%
Not a significant source of Vitamin A, Vitamin C, Calcium.	
* 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
Sat Fat	Less than 20g      25g
Cholesterol	Less than 300mg      300mg
Sodium	Less than 2,400mg      2,400mg
Total Carbohydrate	300g      375g
Dietary Fiber	25g      30g

**Portion Size:**  
28 g / 28.3 g = 0.99 oz  
**Meets Guidelines!**

**Calories from Fat:**  
35 cal / 120 cal = 29%  
**Meets Guidelines!**

**Calories from Sat Fat:**  
(1.5 g x 9 cal) / 120 cal = 11%  
**Not Compliant**

**Calculating Sugar as a % of the Total Weight:**  
Divide sugar grams by serving size grams  
Ex. 9g / 28 g = 32.1%  
**Meets Guidelines!**

**This product is not compliant due to the 11% of calories from saturated fat.**

## Nutrition Guidelines for the Highline School District:

All competitive foods must meet the following portion size guidelines

Snacks:	1.25 oz or less
Cookie/Cereal Bars:	2.00 oz or less
Bakery Items:	3.00 oz or less
Yogurts:	8.00 oz or less

All competitive foods must meet the following nutrient standards

Calories from Fat:	30% or less
Calories from Sat Fat:	10% or less
Added Sugar Content:	Less than 35% by weight