

Appendix A

Algorithm for Healthy Snack Selection

Calories	Grams Fat	Grams Sugar
60	<2.2	<5.2
70	<2.6	<6.1
80	<3.0	<7.0
90	<3.4	<7.9
100	<3.8	<8.8
110	<4.2	<9.6
120	<4.6	<10.5
130	<5.0	<11.4
140	<5.4	<12.3
150	<5.8	<13.1
160	<6.2	<14.0
170	<6.6	<14.9
180	<7.0	<15.8
190	<7.4	<16.6
200	<7.8	<17.5
210	<8.2	<18.4
220	<8.6	<19.3
230	<9.0	<20.1
240	<9.4	<21.0
250	<9.8	<21.9