

# MIX IT UP

## Green - Healthiest Choice

no more than

- 200 calories per portion
- 35% calories from fat
- 10% calories from saturated fat; zero trans fat
- 35% of total weight from sugar
- 230 mg of sodium

Provides a serving of fruit, vegetable, or whole grain

## Yellow - Healthy Choice

no more than:

- 200 calories per portion
- 35% calories from fat
- 10% calories from saturated fat; zero trans fat
- 35% of total weight from sugar
- between 230 and 400 mg of sodium

## Red - Not as Healthy of a Choice

more than:

- 200 calories per portion
- 35% calories from fat
- 10% calories from saturated fat; zero trans fat
- 35% of total weight from sugar
- 400 mg of sodium

