What are the Smart Snacks Standards for foods?

To qualify as a Smart Snack, a snack or entrée must first meet the general nutrition standards:

- Be a grain product that contains 50 percent or more whole grains by weight (have a whole grain as the first ingredient); or
- Have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food; or
- Be a combination food that contains at least ¼ cup of fruit and/or vegetable; and
- The food must meet the nutrient standards for calories, sodium, sugar, and fats:

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Snack</th>
<th>Entrée</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Calories</strong></td>
<td>200 calories or less</td>
<td>350 calories or less</td>
</tr>
<tr>
<td><strong>Sodium</strong></td>
<td>200 mg or less</td>
<td>480 mg or less</td>
</tr>
<tr>
<td><strong>Total Fat</strong></td>
<td>35% of calories or less</td>
<td>35% of calories or less</td>
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<tr>
<td><strong>Saturated Fat</strong></td>
<td>Less than 10% of calories</td>
<td>Less than 10% of calories</td>
</tr>
<tr>
<td><strong>Trans Fat</strong></td>
<td>0 g</td>
<td>0 g</td>
</tr>
<tr>
<td><strong>Sugar</strong></td>
<td>35% by weight or less</td>
<td>35% by weight or less</td>
</tr>
</tbody>
</table>