

Food Category	Values	Choose Often	Choose Sometimes	Choose Rarely
Fruits and Vegetables	Saturated Fat	2g or less	2.5g or more	2.5g or more
	Sodium	230mg or less	231-479mg	480mg or more
	Added Sugars	0g	1-11g	12g or more
	Total Sugars (use if Added Sugars are not listed)	12g or less	13-23g	24g or more
Grains (Must be whole grain first)	Saturated Fat	2g or less	2.5g or more	2.5g or more
	Sodium	230mg or less	231-479mg	480mg or more
	Added Sugars	6g or less	7-11g	12g or more
Protein	Saturated Fat	2g or less	2.5-4.5g	5g or less
	Sodium	230mg or less	231-479mg	480mg or more
	Added Sugars	6g or less	7-11g	12g or more
Dairy	Saturated Fat	3g or less	3.5-6g	6.5g or more
	Sodium	230mg or less	231-479mg	480mg or more
	Added Sugars*	0g	1-11g	12g or more
	Total Sugars (use if Added Sugars are not listed)	12g or less	13-23g	24g or more
Non-Dairy Alternatives	Saturated Fat	2g or less	2.5g or less	5g or less
	Sodium	230mg or less	231-479mg	480mg or less
	Added Sugars	6g or less	7-11g	12g or less
Beverages	Saturated Fat	3g or less	0g	1g or more
	Sodium	0mg	1-140mg	141mg or more
	Added Sugars	0g	1-11g	12g or more
Mixed Dishes	Saturated Fat	3g or less	3.5-6g	6.5g or more
	Sodium	480mg or less	481-599mg	600mg or more
	Added Sugars	6g or less	7-11g	12g or more
Processed Snacks	Saturated Fat	None	The first ingredient must be a whole grain and Saturated Fat must be 2g or less	2.5g or more
	Sodium		The first ingredient must be a whole grain and Sodium must be 140mg or less	141mg or more
	Added Sugars		The first ingredient must be a whole grain and Added Sugars must be 6g or less	7g or more
Desserts	Saturated Fat	None	None	All desserts are red
	Sodium			
	Added Sugars			
Condiments and Cooking Staples	Unranked. Examples include salad dressing, sauces (except tomato sauce), jelly, syrup, oils, flour, and sugar.			
Other Products	Unranked. Examples include baby food, nutritional supplements, and protein powders.			