



## FAST FACTS

### What is FitPick®?

FitPick, NAMA's signature nutrition outreach initiative since 2005, is designed to provide consumers with nutrition information they need to make informed snack choices. Since the program's inception, millions of Americans from all walks of life have purchased their snacks from vending machines featuring FitPick products.

### What's New About FitPick?

FitPick has a new look and feel, but it's more than just a makeover.

#### New Nutrition Standards

- FitPick for workplaces requiring a more relaxed standard
- FitPick SELECT for schools, hospitals and other locations requiring a more stringent standard

#### New Tools for Operators

- New NAMA Nutrition & Wellness Center website @ [www.fitpick.org](http://www.fitpick.org)
- New program materials
  - Improved sticker and clings
- New brand guidelines

#### New Experts

- NAMA Nutrition Advisory Council
- NAMA Healthy Vending Operator Leadership Committee

	FitPick® (250 calorie)	FitPick® (100 calorie)
CALORIES	250 or less	100 or less
FAT	10g or less	3.5g or less
SATURATED FAT	3g or less	1g or less
TRANS FAT	0g	0g
SUGAR	20g or less	8g or less
SODIUM	230mg or less	230mg or less

Note: the values listed are the upper limit and as calories decrease, the allowances for fat and sugar decrease accordingly.



## NUTRITION STANDARDS

### FitPick **SELECT** Meets New Smart Snacks in School Standards

FitPick® SELECT / USDA SMART SNACKS IN SCHOOLS	
CALORIES	200 or less
FAT	8g or less (≤35% of calories)
SATURATED FAT	2g or less (<10% of calories)
TRANS FAT	0g
SUGAR	18g or less (≤35% of weight)
SODIUM	200mg or less

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

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

For further information: [https://www.fns.usda.gov/sites/default/files/tn/USDA\\_SmartSnacks.pdf](https://www.fns.usda.gov/sites/default/files/tn/USDA_SmartSnacks.pdf).