



## FAST FACTS

### What is FitPick®?

FitPick, NAMA's signature nutrition outreach initiative since 2005, is designed to provide consumers with the 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 is FitPick® SELECT?

FitPick SELECT is a FitPick programming component that is specially designed to meet stringent nutrition guidelines. It is the ideal option for operators in schools and other locations who aim to provide snack choices that comply with the nutrition standards established by the USDA for snacks sold in schools.

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

FitPick® SELECT / USDA SMART SNACKS IN SCHOOL	
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>.