

Make the Northwell
Healthy Choice for
your best you



About Northwell Healthy Choice snacks

Our Healthy Choice guidelines* offer:

- Better quality calories. Better choices.
- Whole foods, minimally processed.
- Fresh baked. Never fried.
- More fiber. Less salt, less sugar, less saturated fat.

Nutrient	Guidelines: Snacks** and sides
Calories	≤ 250
Sodium	≤ 250 mg
Fiber	≥ 2 g *excludes gluten-free
Total Fat	$\leq 35\%$ of total calories *excludes foods higher in fat from monounsaturated fat and omega-3 fatty acids
Saturated Fat	$\leq 10\%$ of total calories *excludes nuts, seeds, nut butters
Trans Fat	None
Sugar	$\leq 35\%$ of total calories *excludes fruit

* Healthy Choice guidelines are based on the USDA Dietary Guidelines for Americans 2015.

** Snacks include all pre-packaged snacks, cereals, and desserts.

Look for this sticker
for Northwell Healthy Choice options

