

Better Choice Guide for PCSC

What “Better Choice” Items Are

“Better Choice” beverages include:

1. fruit or vegetable-based drinks that contain at least 50% real fruit or vegetable juice and do not contain additional caloric sweeteners
2. water and seltzer water that do not contain caloric sweeteners
3. low fat and fat free milk, including chocolate milk, soy milk, rice milk, and other similar dairy and non-dairy calcium fortified milks
4. isotonic beverages (Including but not limited to Gatorade, Powerade, and Propel.)

What “Better Choice” Items Aren’t

“Better Choice” beverages do not include:

1. soft drinks, punch, iced tea, and coffee
2. fruit or vegetable based drinks that contain less than 50% real fruit or vegetable juice or that contain additional caloric sweeteners
3. except for low fat and fat free chocolate milk, drinks that contain caffeine

Guide for Selecting “Better Choice” Items

“Better Choice” items contain:

1. not more than 30% of their total calories are from fat (look for a label to include)
2. not more than 10% of their total calories are from saturated and trans fats
3. not more than 35% of their weight is from sugars that do not occur naturally in fruits, vegetables, or dairy products

Examples of “Better Choice” Items	Serving Size	Caloric Limit
Baked chips, popcorn, cereal, trail mixes, nuts, seeds, dried fruits, and jerky.	1.75 oz.	210
Cookies and cereal bars	2 oz.	210
Bakery items	3 oz.	210
Frozen desserts including ice cream	3 fl. oz.	210
Non-frozen yogurt	8 oz.	210
Beverages (see above)	8 oz.	210
Cheese cubes	4 oz.	210
Fresh vegetables	4 oz.	210
Fresh fruits	4 oz.	210
100% fruit snacks	1 oz.	210
Frozen juice bars	4 oz.	210