

2020 SNP NUTRITION GUIDELINES

All Items: No more than **10% Daily value of sodium** per serving size



Yogurt: No more than **11 grams of sugar per 100 gram** serving and less than or equal to **2% milk fat**



Cheese: Less than or equal to **20% milk fat** can be served



Grains: Whole grain, whole wheat or bran is first on the ingredient list and sugar is less than or equal to **8 grams per 30 gram serving**