

FitPick Nutrition Standards	
Calories	300 or less per serving
Total Fat	7 grams or less* per serving
Saturated Fat	1.5 grams or less per serving
Trans Fat	0 grams per serving
Dietary Fiber	1 gram or more per serving
Sodium	Less than 500 milligrams per serving
<i>*Nuts and seeds are an exception to the total fat limit.</i>	