

# Face Up to Your Health!

Our 'Foodies' Lucy, Mortimer and Chester – can help you make better snack choices. Use the nutritional information below as a guide to make the best decision you can. Some foods may meet the guidelines for fat and sodium, but if they contain an excessive amount of calories or sugar, they were assigned a “Red” rating.



## Lucy – **GOOD CHOICE**

Less than or equal to 30 percent calories from fat  
Less than or equal to 10 percent saturated fat  
Less than or equal to 480 mg. of sodium



## Mortimer – **USE CAUTION**

Less than or equal to 50 percent calories from fat  
Less than or equal to 20 percent saturated fat  
Less than or equal to 550 mg. of sodium



## Chester – **DON'T DO IT**

Greater than 50 percent calories from fat  
Greater than 20 percent saturated fat  
Greater than 550 mg. of sodium

Whose snack will you pick?



BlueCross BlueShield  
of Texas