



## "Thumbs Up"

High nutrition quality food  
High performance food

### Low Sodium

Items that are low in sodium,  
 $\leq 140\text{mg}$  per serving & RACC\*.

### Whole Grain

Items that are made with whole grain & contain at  
least 8g of whole grain.

### No Sugar Added

"No Added Sugars" & "Without Added Sugars" are  
allowed if no sugar or sugar containing ingredient is  
added during processing.

### Low Fat

Items that contain  $\leq 3\text{g}$  total fat per serving; for  
Meals/Main Dishes:  $\leq 3\text{g}$  total fat per 100g.

### Good Source of Fiber

Items with at least  $\geq 10\%$  Daily Value for Fiber per  
serving & are low in fat.

### Organic

Items that have been certified as "USDA Organic."

RACC: The regular amount commonly consumed for food types.  
This amount is determined by the FDA. The serving size listed on  
the package may not equal the RACC.



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