### Healthy Choices

**Healthiest:**
- Calories: Less than or equal to 200 calories
- Total Fat: Less than or equal to 3 grams
- Saturated Fat: Less than or equal to 1 gram
- Less than 35% total weight from sugar

*Nuts & seeds are exempt from the fat guidelines because they are high in monounsaturated fat, which can help lower bad cholesterol and maintain good cholesterol.*

**Healthier:**
- Calories: 200-350
- Total Fat: 3-5 grams
- Saturated Fat: 1-3 grams

**Least Healthy:**
- Calories: 350 or more
- Total Fat: 5 grams or more
- Saturated Fat: 3 grams or more