American Heart Association Heart-Check Food Certification Program Nutrition Requirements

			21cCFR 101.75	whole grain and dietary fiber
Total Fat	**less than 6.5 g**	**less than 5 g** also per 100 g*	**3 g or less** per 100 g of product* and 30% or less calories from fat	**less than 6.5 g**
Saturated Fat	**1 g or less** and 15% or less calories from saturated fat	**less than 2 g** also per 100 g*	**1 g or less** per 100 g of product* and less than 10% calories from saturated fat	**1 g or less** and 15% of less calories from saturated fat
***Trans* Fat**	**less than 0.5 g**			

with required levels of

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Nuts (whole or chopped) Docket # 02P-0505	**Fish** with required ooter /Type /Pagination >>BDC 0 -u ype /P-(h)-15n /Pagination >>BDC 0 -u5T Q [(w)22.6 (ie /Pagination >>BDC 09t 0.3d ooter