

NUTRITIEN T FACTS



Smart Snacks in Schools

In conjunction with the Alliance for a Healthier Generation.

Overview

The vitamins and minerals on a nutrition label are absorbed when eaten together, and many Hershey's® Ice Cream products have several of these vitamins and minerals in them – unlike other snack items – making our products the perfect addition to a healthy diet.

Fast Facts

- Protein, fat, & carbs are *nutrients*.
- Calcium, Iron, Phosphorus, & the vitamins are *vitamins*.
- All are found in milk & dairy products.

Milk

Milk provides numerous nutrients, making it a nutrient-dense food. It contains high-quality protein, and is also the leading source of bone-nourishing calcium in most diets. Milk is also a rich source of potassium, vitamins A & D, riboflavin, and vitamin B12.

Calcium

Calcium is an essential nutrient for building strong bones, but according to the National Dairy Council, most kids do not get enough calcium. This is why it is important to provide kids products that are calcium rich, like ice cream!

Protein

Protein is a necessary nutrient for growth and the maintenance of the body's tissues. Our body uses protein for energy, and ice cream is a good source of protein.

Iron

Dairy provides the best source of iron, making ice cream a great source for this important mineral. Iron is needed for proper growth, especially in childhood and adolescence. Iron deficiency can lead to learning difficulties, hyperactivity, psychological problems, and fatigue.



Vitamin C

Vitamin C is one of the most important vitamins for staying healthy. It can help prevent and treat colds and flus and stimulates our immune system, which helps us fight many other illnesses or diseases. Vitamin C is found in many fruits like citrus. Our Polar Blast Bars as well as our Tropi-Kool Fruit Bars are good sources of Vitamin C.

Vitamin A

Vitamin A is found in milk and milk products, like eggs. It is good for our eyesight and general eye health. It also helps promote healthy teeth and skin, and promotes a healthy digestive system. Like Vitamin C, Vitamin A helps strengthen our immune system and helps the body fight infections.

Vitamin D

Vitamin D helps the body absorb calcium and is crucial to building healthy bones.



Sugar

While Hershey's Smart Snack Products do have sugar in them, some of this sugar comes from milk, in the form of milk sugar - which is a naturally-occurring sugar.

Many snack items have added sugar - to make them taste good! However, Hershey's Smart Snack Products have a lot of good protein and quality dairy fat, produced from cows less than one hour from our manufacturing plant. This protein and fat help the body process the sugar without the "rush" of empty sugars found in most other snack foods.

High Fructose Corn Syrup

High fructose corn syrup is corn syrup that has been treated with enzymes to make it sweeter - one and a half times sweeter than sugar. It does contain calories. It is a combination of fructose and corn syrup. The Corn Refiners Association maintains high fructose corn syrup is a natural sweetener.

Just about every packaged food item has high fructose corn syrup in it - it's practically unavoidable. It helps the items taste good and is an inexpensive additive - which keeps the prices of our products as low as possible.

Fat

The majority of our Smart Snack products are low fat or reduced fat and are not the full fat products that we regularly have in stores.

The fat in our ice cream comes from quality dairy cows produced less than one hour from our manufacturing plant. Dairy fat is an optimal fat that the body likes to use for energy, versus the vegetable oils (fats) used in most other snack foods. Most of these oils are processed chemically, and the structure of them is changed in this processing. Our fat is just good dairy fat!

Preservatives

Most snack foods have preservatives in them to add their shelf life, but at Hershey's we do not add any artificial ingredients to preserve our ice cream. Our ice cream products come to you fresh, creamy and delicious, with lots of good vitamins and nutrients that our bodies love!

Did you know?

Calcium Facts:

- Calcium is a mineral that is necessary for life. Our bodies cannot produce calcium.
- 99% of the body's calcium is stored in the bones and teeth, helping to strengthen them. The other 1% helps with muscle movement allowing nerves to carry messages between the brain and our body parts.
- There are 179 different known uses for calcium in the human body.
- Calcium helps our blood clot if we are cut or injured.
- Each day, we lose calcium through our skin, nails, hair, sweat and more.
- According to the National Dairy Council, most kids do not get enough calcium.

Dietary reference intake for calcium as recommended by the National Academy of Science

Age (years)	Calcium (mg/day)	Daily Servings
4-8	800	3
9-18	1300	4

- The National Institutes of Health states, "Foods providing 20% of more of the DV (daily value) are considered to be high sources of a nutrient, but foods providing lower percentages of the DV also contribute to a healthful diet."

CHECK OUT THE % OF RECOMMENDED DAILY CALCIUM IN OUR PRODUCTS!

According to statistics from the U.S. Department of Agriculture, 86 percent of teenage girls and 64 percent of teenage boys are "calcium deficient".



No Fat Yogurt
Banana Cream
Twister Cup
15%



No Fat Yogurt
Birthday Cake
Twister Cup
15%



No Fat Yogurt
Cotton Candy
Twister Cup
15%



Chocolate Scooter
Ice Cream Bar
10%



Strawberry Scooter
Ice Cream Bar
8%



Orange Blossom®
Bar
8%



Reduced Fat Mighty Mini
Ice Cream Sandwich
8%



Reduced Fat
Minty Mint
Ice Cream Sandwich
10%



Reduced Fat Vanilla
Ice Cream Sandwich
10%



Low Fat
Cookies & Cream Cone
10%



Crazy Cone
6%



Low Fat Chocolate & Vanilla
Twist Cone
10%



No Fat Raspberry Yogurt
Dessert Cup
15%



No Fat Vanilla Yogurt
Dessert Cup
15%



No Fat
Birthday Cake
Yogurt Cup
10%



Low Fat
Vanilla
Ice Cream Cup
10%



Low Fat
Strawberry
Sundae Cup
10%



Low Fat
Chocolate
Ice Cream Cup
10%



Low Fat
Cotton Candy
Ice Cream Cup
10%



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For more information visit www.hersheyicecream.com/smartsnacksinschools