Get to Know Nutrition Facts Labels.

Form a healthy habit by reading food labels to determine what's inside and make informed food choices

LOOK

at Serving Sizes

The information listed on the Nutrition Facts label is based on a typical serving size in common measurements like cups, ounces, or pieces.

A package may contain more than one serving, so if you're eating more or less than the serving listed, you'll need to multiply or divide the numbers listed.

GET MORE

of These

- Dietary Fiber
- Vitamin D
- Calcium
- Iron
- Potassium

These nutrients improve your health, yet most Americans don't get enough of them in their diets. Look for foods with 10% or more of these nutrients in the % Daily Value column.

Nutrition Facts

8 servings per container

Serving size 2/3 cup (55g)

Amount per serving

Calories

Total Fat 8g

Potassium 235mg

230

% Daily Value*

10%

Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol Omg	0%
Sodium 160mg 7	
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
THE RESIDENCE PROPERTY OF THE PERSON	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

CHECK

Calories

The portion size or amount you eat as a serving determines the number of calories you consume.

The number of calories you need daily depends on your age, gender, and level of physical activity. Visit

www.ChooseMyPlate.gov to find your calorie needs.

LIMIT

These

- Fat
- Sodium
- Cholesterol
- Added Sugars

Eating too much of these nutrients increases your risk of diseases like obesity, heart disease, high blood pressure, and some cancers.

Added Sugars should be limited to 10% of your daily calories.





% DAILY VALUE

6%

(DV)

These percentages show whether the nutrients in a serving contribute a little or a lot to your total daily intake. Percent Daily Values on the Nutrition Facts label are based on a 2,000-calorie diet. Your % Daily Value may be higher or lower depending on your daily calorie needs.

Nutrition Facts 8 servings per container Serving size 2/3 cup (55g) Amount per serving 230 **Calories** % Daily Value* Total Fat 8g Saturated Fat 1g 5% Trans Fat Og Cholestow Sodiur Total d Ingredients: Whole Grain Oat Flour (includes the oat bran), Marshmallows (sugar, modified form starch, corn styrup, dextrose, gelatin, artificial flavor, yellows 5, 86, blue 1, red 40), Sugar, Grain Sayo, relsows 5, 86, blue 1, red 40), Sugar, Grain Sayo, or less of: Salt, Corn Syrup, Wheat Starch Tricordium Phosohate. Total Incl **Protein 3** Starch, Trisodium Phosphate. Vitamins & Minerals: Vitamin B1 (thiamin Minerals: Vitamin B2 (riboflavin), Niacin' mononitrate), Vitamin B2 (riboflavin) ehydronionionide), Vitamin B6 (pyridoxine hydrochloride), Folic Acid, Vitamin B12, Vitamin C1 (sodium ascorbate), A Palmitate, Vitamin C (sodium ascorbate), Vitamin D, Reduced Iron, Zinc (zinc oxide), Carbonate.

Vitamin D 2

Calcium 260 Iron 8mg

Potassium 23

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Read Ingredient Lists

Ingredients are listed by quantity, from highest to lowest amount. That means the first few ingredients make up the majority of the food product.

How can you use the ingredient list to make healthy food choices?

- The word "whole" in the name of the ingredient in the list indicates the food is whole grain.
- Any word ending in "ose" is usually a type of sugar.
- The words "partially hydrogenated" indicate that the food The Food and Drug Administration allows companies to put 0 grams if there is less than 0.5 grams trans fat.

About Added Sugars 🛑 🕇

when they are processed or prepared. This does not include natural sugars

What Does the Package Tell You?

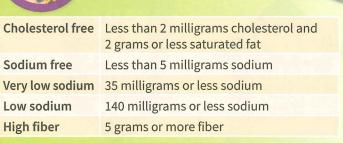
<u>FRESHNESS DATES</u>

- "Sell-by" is the date that tells the store how long to

WEIGHT OR AMOUNT IN PACKAGE

PRODUCT CLAIMS

Calorie free	Less than 5 calories
Low calorie	40 calories or less
Light/Lite	1/3 fewer calories or 50% less fat than the original
Fat free	Less than 0.5 grams fat
0 Trans fats	Less than 0.5 grams trans fat
Low fat	3 grams or less fat



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