

How to Read a FOOD LABEL

Nutrition Facts

Serving Size 1 cup (228mg)
Servings Per Container 2

Amount Per Serving

Calories 260 **Calories from Fat 120**

% Daily Value

Total Fat 13g 20%

Saturated Fat 5g 25%

Cholesterol 30mg 10%

Sodium 660mg 28%

Total Carbohydrates 31g 10%

Dietary Fiber 0g 0%

Sugars 5g

Protein 5g

Vitamin A 4%

Vitamin C 2%

Calcium 15%

Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your caloric needs.

	Calories	2,000	2,500
Total fat	Less than	65g	80g
Sat. Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

START HERE!

DO NOT EAT TOO MUCH OF THESE

MAKE SURE YOU GET ENOUGH OF THESE

**Ask your provider
how much
is right for you!**

Tips to Help You Stay Healthy:

- Eat fewer fried or fatty foods.
- Eat 5 to 9 servings of fruits or vegetables a day.
- Eat whole wheat or whole grain breads and cereals.
- Use fat-free milk or 1% milk. (Kids 2 years of age or younger should usually have whole milk.)
- Drink fewer soft drinks, sports drinks or sweetened powdered drinks and sweetened fruit juices.