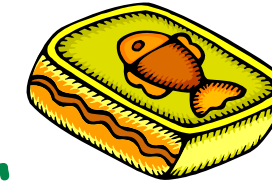




# Reading Food Labels

## A Key to Choosing Healthy Foods



### 1. Start with Serving Size

Know the number of servings in a container. Nutrition information on labels is based on a single serving. Use it to compare to how much you actually eat.

### 2. Check Calories

Make sure that you know how many servings you are having and then multiply the amount of calories by the number of servings.

### 3. Limit Fat, Cholesterol, Sodium

Eating too much total fat, cholesterol or sodium may increase your risk of certain chronic diseases, such as heart disease, high blood pressure, or some cancers. The goal is to stay below 100 % Daily Value (DV) for each of these nutrients per day.



<b>Nutrition Facts</b>			
Serving Size 1 cup (228g)			
Servings Per Container 2			
Amount Per Serving			
<b>Calories 250</b>		<b>Calories from Fat 110</b>	
		<b>% Daily Value*</b>	
<b>Total Fat</b> 12g			<b>18%</b>
<b>Saturated Fat</b> 3g			<b>15%</b>
<i>Trans Fat</i> 3g			
<b>Cholesterol</b> 30mg			<b>10%</b>
<b>Sodium</b> 470mg			<b>20%</b>
<b>Total Carbohydrate</b> 31g			<b>10%</b>
<b>Dietary Fiber</b> 0g			<b>0%</b>
<b>Sugars</b> 5g			
<b>Protein</b> 5g			
<b>Vitamin A</b>			<b>4%</b>
<b>Vitamin C</b>			<b>2%</b>
<b>Calcium</b>			<b>20%</b>
<b>Iron</b>			<b>4%</b>

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

### 4. Get Enough of these Nutrients

Make sure that you get enough fiber, vitamin A, vitamin C, calcium and iron. These nutrients may improve your health and help reduce the chance of developing some diseases and conditions.

### 5. Foot Note

Provides information about Daily Values for important nutrients, including fats, sodium, and fiber. These DVs are listed for people who eat a 2,000 calorie diet. You can use the % DV as a frame of reference whether or not you consume more or less than 2,000 calories.

### 6. % Daily Value, A Quick Guide

This section tells you whether the nutrients in one serving contribute a little or a lot to your diet. A 5% DV or less is low and 20% DV or more is high.

