



Healthful Eating ••• Food Labels Help!

Supermarkets sell lots of different foods. How do you make healthful choices for everyone in your family? Sometimes it seems pretty confusing! The food label can help you make smart choices. It's easy to use, even when your shopping trip is hectic

- The top section (see #1-4 on the sample label below), can vary with each food. It contains food-specific information (serving size, calories, and nutrient information).
- The bottom part (see #5 on the sample label below) lists the Daily Values for 2,000 and 2,500 calorie diets. It also provides recommended dietary information for important nutrients like fats, sodium and fiber. This section is found only on larger packages and does not change from product to product.

1. Start here: The Serving Size →

2. Check calories →

3. Limit these nutrients →

4. Get enough of these nutrients

- ◆ 5% or less is LOW
- ◆ 20% or more is HIGH

5. Information about how much of these nutrients are supplied for 2000 or 2500 calorie diets

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