

# Healthful Eating ... Food Labels Help!

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

Nutrition Facts on food labels tell you the calories (or food energy) and nutrients in one serving of food inside the package. Look for the nutrition information in the store, near fresh fruit, vegetables, meat, poultry, or fish, too.

- Be in control – and buy the best foods for your family.
- See how calories (food energy) and nutrients change with bigger or smaller servings.
- Compare the % Daily Values in similar foods.

## READ IT *before you EAT IT!*

**How many servings are you eating?**

**Calories in one serving** →  
For two servings, double the calories. Pay attention to choose foods for a healthy weight.

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

### % Daily Value (DV)

Is the amount of a nutrient in one serving compared to dietary recommendations.

**Get LESS**

**5%** or less is low  
**20%** or more is high

**Get ENOUGH**

**5%** or less is low  
**20%** or more is high

## What's the Best Choice for You?

*Use the 5%-20% Guide to Daily Values to choose foods.*

Provided by \_\_\_\_\_