

READ IT before you EAT IT

% Daily Value is the amount of a nutrient in one serving compared to dietary recommendations. 5% or less is low. 20% or more is high.

- 1) How many servings are you eating?
- 2) Calories in one serving
- 3) Get less of these nutrients
- 4) Get enough of these nutrients

Nutrition Facts

Serving Size

Amount Per Serving

Calories

% Daily Value*

Total Fat

Saturated Fat

Cholesterol

Sodium

Total Carbohydrate

Dietary Fiber

Protein

Vitamin A

Vitamin C

Calcium

Iron

Pay attention to how many servings you are eating.

If you eat 2 servings, you would need to double all of the nutrient numbers.

The amount of calories you need depends on your height, weight, age, and physical activity level. Eating more calories than you burn can lead to weight gain. Check out how many calories you need each day at mypyramid.gov.

Eating too much sodium, cholesterol, trans fat, and saturated fat is bad for your health and can increase your risk of getting certain diseases such as high blood pressure and heart disease.

Eating enough fiber, vitamin A, vitamin C, calcium, and iron can improve your health and help reduce your chance of getting some diseases.