

Read the article about 'Nutrition Facts' and answer the questions below.

The Nutrition Facts Label

Look for It and Use It!

Information you need to make healthy choices throughout your day



Found on food and beverage packages



Use it to compare and choose foods!



Check the serving size and servings per container. The nutrition information listed on the Nutrition Facts label is usually based on one serving of the food.

Packages can—and often do—contain more than one serving! If you eat multiple servings, you're getting "multiples" on calories and nutrients, too.

2SERVINGS=CALORIES&NUTRIENTSX2

Calories from food provide the energy your body needs to function and grow. **Balance the number of calories you eat and drink with the number of calories you burn during physical activity.** Curious about calorie needs? Check out www.choosemyplate.gov/MyPlatePkg.

TIP: 100 calories per serving of an individual food is considered a **moderate** amount and **400 calories** or more per serving of an individual food is considered **high** in calories.



Size up Servings

Consider the Calories

Nutrition Facts	
4 servings per container	
Serving size 1 1/2 cup (208g)	
Amount per serving	% Daily Value*
Calories	240
Total Fat 4g	8%
Saturated Fat 1.5g	3%
Trans Fat 0g	
Cholesterol 5mg	10%
Sodium 430mg	19%
Total Carbohydrate 45g	17%
Dietary Fiber 2g	25%
Total Sugars 4g	
Includes 2g Added Sugars	4%
Protein 11g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 6mg	35%
Potassium 240mg	8%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Use %DV

% Daily Value (%DV) is the percentage of the Daily Value (reference amounts of nutrients to consume or not to exceed each day for adults and children 4 years of age and older) and shows how much a nutrient in a serving of the food contributes to a total daily diet. **Use %DV to see how a food's nutrients stack up and choose foods that are higher in nutrients to get more of and lower in nutrients to get less of.**

TIP: 5% DV or less per serving is low and 20% DV or more per serving is high

Choose Nutrients Wisely

Nutrients To Get More Of

Compare and choose foods to get 100% DV of these on most days:

- Dietary Fiber
- Vitamin D
- Calcium
- Iron
- Potassium

Nutrients To Get Less Of

Compare and choose foods to get less than 100% DV of these each day:

- Saturated Fat
- Sodium
- Added Sugars
- Trans Fat (Note: Trans fat has no %DV, so use grams as a guide)

Eat a variety of foods to get the nutrients your body needs, including:

- Fruits and vegetables
- Whole grains
- Dairy products
- Lean meats and poultry
- Eggs
- Seafood
- Beans and peas
- Soy products
- Unsalted nuts and seeds

Answer these questions. Your answer should not be more than 5 words.

1. We read food labels to know the expiry date and also the _____.
2. Nutrition facts will help us to _____ about the food that we buy.
3. You should look at the _____ and the daily value when choosing a food product.
4. If you are concern about your weight, you should look at the amount of _____ for one serving of food.
5. If you are on diet, you will still need to eat because calories provide _____ for your body to function.
6. If you have problems with your heart, you should pay attention to the daily value for fat and _____.
7. If you have diabetes, you should pay attention to the daily value for _____.
8. Food that is high in _____, sodium and added sugars is considered unhealthy.