



Why are nutrition labels important?

- They tell you important information such as serving size, number of servings, calories, and all the different nutrients in the food.
- Nutrition labels help you monitor what nutrients you eat to make sure you have a well-rounded healthy diet

Nutrition Facts		Start here
Serving Size 1 cup (228g) Servings Per Container 2		Check calories
Amount Per Serving		Quick guide to % DV
Calories 250		5% or less is low 20% or more is high
Calories from Fat 110		Limit these
% Daily Value*		Get enough of these
Total Fat 12g	18%	Footnote
Saturated Fat 3g	15%	
Trans Fat 3g		
Cholesterol 30mg	10%	
Sodium 470mg	20%	
Potassium 700mg	20%	
Total Carbohydrate 31g	10%	
Dietary Fiber 0g	0%	
Sugars 5g		
<b>Protein 6g</b>		
Vitamin A	4%	
Vitamin C	2%	
Calcium	20%	
Iron	4%	

\* Percent Daily Values are based on a diet of other people's secrets.

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Sat Fat	Less than 20g	26g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

## This week we learned about: Reading Nutrition Labels

- Nutrition labels are found on the size of a can or box of food. If you're at a restaurant or the food doesn't have a label you can find nutrition facts online or on restaurant websites
- What can we see on nutrition labels? We see information on vitamins, proteins, macrominerals, calcium, phosphorus, sodium, magnesium, potassium), microminerals (iron, zinc), Sugar, Fats, and calories.
- What nutrients do you want to eat more of? Foods higher in vitamins, proteins, calcium, potassium, magnesium, iron
- What nutrients do you want to eat less of? Sugars, fat, sodium
- Serving size is the portion of food the nutrition label is referring too. It is the recommended portion of that food to eat

**NEXT TIME (02/07/20):  
Healthy snacks!**

Nutrition Facts	
Serving Size 1/3 cup (80mL) Servings Per Container about 5	
Amount Per Serving	
Calories 50	
Calories from Fat 35	
% Daily Value*	
Total Fat 4g	8%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 0mg	0%