

# Nutrition Facts

## Read the Label

# COOL TIPS FOR KIDS

Use the  
**Nutrition Facts Label**  
to Make  
**Smart Food Choices**



# Using the Nutrition Facts Label

Look for the **Nutrition Facts Label** on food packages. Once you spot it, you'll be able to find all the nutrition information you need for making **smart food choices**.

When you Read the Label every day — you'll feel great, too. Remember to tell your friends!

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

\* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:

## 1 Check out the serving size.

Remember that one package may contain **more than one serving!** Use the serving size to discover the total number of calories and nutrients per package.

## 2 Consider the calories.

When comparing foods, remember: 400 or more calories per serving for a single food is high, and 100 is moderate. Keep track of the calories you eat throughout the day. The food label is based on a 2,000 calorie diet — but your calorie needs might be different. To find out what your “target” calories per day are, visit [www.choosemyplate.gov](http://www.choosemyplate.gov)!

## 3 Choose nutrients wisely.

Pick foods that are **lower in certain fats, cholesterol and sodium** when making daily food choices. When comparing %DV (Percent Daily Value), remember: 5% DV is low; 20% DV is high!

**Nutrients To Get More Of:** Potassium, fiber, vitamins A & C, iron, and calcium. Choose foods with a **higher %DV** of these important nutrients.

**Nutrients To Get Less Of:** *Trans* fat, saturated fat, cholesterol, sodium, and sugars. Choose foods that are **lower** in these nutrients.

## TIP

The label doesn't show a %DV for *trans* fat or sugars. But you can still **Read the Label** and choose the foods with lower **grams** of *trans* fat and sugar when comparing two foods!

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# At Home

## Tips for Kids

See how easy — and fun! — it can be to get your food facts first!

### Measure out Single Servings of Snacks

**Read the Label** on your favorite snacks — and measure out **single servings**. Keep them in resealable plastic bags or containers so you can grab-and-go!



### Add Your Choices to the Family Shopping List

**Read the Label** in the pantry and refrigerator by using the Nutrition Facts Label on food packages. Then, add items to the shopping list that are higher in the **nutrients to get more of** and lower in the **nutrients to get less of**.

### Challenge Your Friends!

When friends come over, challenge them to **Read the Label** when they want a snack. See who can find the most interesting fact on a Nutrition Facts Label . . . and then **try to stump each other**. Ask questions such as, “How big is one serving of these chips?” When you’re done — choose the snacks lowest in nutrients to get less of, and dig in (watching serving size, of course)!



### Organize a Snack Food Scavenger Hunt

Invite each member of your **family** to choose a favorite snack food in the kitchen. Show them how to find which food is highest or lowest in a particular nutrient.

- Challenge your family to guess which foods are **high or low** in a particular nutrient — then compare to see which food is the healthier choice!
- Help them discover different things on different days! For example: compare **the number of calories** in one serving of each food, and find the one with the fewest calories.

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## At Lunch Time



## Tips for Kids

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### Read the Label in the Cafeteria Line

Look for the Nutrition Facts Label on food packages like **milk products**, **snacks** and **other foods**, and go for the ones that are high in nutrients to get more of and low in nutrients to get less of.



### Take the Great Lunchbox Challenge

Can you pack a **600-calorie lunch**? **Read the Label** on breads, sandwich ingredients and snacks to put together a healthy lunch. Consider stuffing a pita or wrapping a low-fat whole grain tortilla as a lower-fat alternative to some breads ... try spreads like mustard or hummus instead of mayonnaise ... and measure out single servings of snacks!!

## At Restaurants

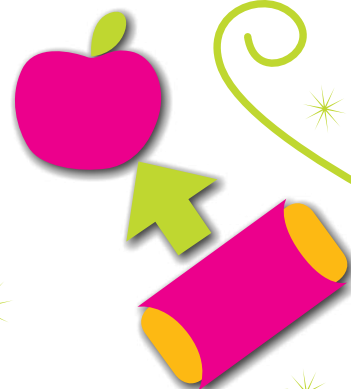


### Check out the Nutrition Information

Find the nutrition information at the restaurant. If it's not posted — **ask to see it!** You might also try to **Read the Label** online before you head out to eat — just visit your favorite restaurant's website to see if nutrient information is available.

### Swap Out One Item!

**Read the Label** to see which foods are lower in nutrients to get less of — then **replace one** high-fat or high-calorie item you *would* have ordered with one that has lower calories or fat. Now *that's* smart Block Spotting!



### Compare Different Foods and Meal Sizes

**Read the Label** to see the differences in nutrients between various choices. Compare different ways foods are prepared, like grilled chicken vs. fried chicken, baked potatoes vs. French fries . . . and compare **small vs. large portions**. And remember: a “super-sized” item can mean doubling (or tripling!) the calories because the serving size is larger!

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# At The Supermarket

## Tips for Kids

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### Choose cereal with the fewest grams of sugar

Try to find cereal that is **low in sugar** and **high in fiber**. Compare that cereal to one you currently have at home!

### Compare Frozen Veggies and Pizza

Chill out in the freezer section and **Read the Label!** Compare frozen vegetables, including ones with and without sauce, and go for the one with the **lowest fat content** and the highest amount of vitamin A. On frozen pizzas, try to find the one **lowest in fat and sodium** and highest in calcium and iron.

### Read the Label on Nuts and Dried Fruits

Nuts and dried fruits can make great snacks because they often contain nutrients to get more of — as long as you follow the serving size! (Too many servings can add up to a lot of calories.) So check out the **serving size** with peanut butter, nuts and dried fruit.

### Go for canned fruit or frozen fruit with the fewest grams of sugar

Canned or frozen fruit can make a great sweet snack — as long as you choose one that is lower in sugar, a nutrient to get less of!



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