

Using the Nutrition Facts Label

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1

Size up Servings

The information listed on the Nutrition Facts label is usually based on one serving of the food. Encourage your children to pay attention to the serving size and the number of servings they eat or drink to discover the total number of calories and nutrients they are consuming.

2

Consider the Calories

Calories from food provide the energy children's bodies need to function and grow. To keep your children's bodies healthy, balance the number of calories they eat and drink with the number of calories their bodies use.

When checking a food's calories, remind your kids to follow this guide: 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.

3

Choose Nutrients Wisely

% Daily Value (%DV) shows how much a nutrient in a serving of the food contributes to a total daily diet. Use %DV to see if a serving of the food is high or low in an individual nutrient and to compare food products. Remind your kids to follow this guide: 5% DV or less of a nutrient per serving is considered low and 20% DV or more of a nutrient per serving is considered high.

Choose foods that are higher in nutrients to get more of (dietary fiber, vitamin D, calcium, iron, and potassium) and lower in nutrients to get less of (saturated fat, trans fat, sodium, and added sugars).

Nutrition Facts
Read the Label

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