

Using the Nutrition Facts Label

1	Nutrition Facts
	4 servings per container Serving size 1 1/2 cup (208g)
2	Amount per serving Calories 240
	% Daily Value*
	Total Fat 4g 5%
	Saturated Fat 1.5g 8%
	<i>Trans</i> Fat 0g
	Cholesterol 5mg 2%
	Sodium 430mg 19%
	Total Carbohydrate 46g 17%
	Dietary Fiber 7g 25%
	Total Sugars 4g
	Includes 2g Added Sugars 4%
3	Protein 11g
	Vitamin D 2mcg 10%
	Calcium 260mg 20%
	Iron 6mg 35%
	Potassium 240mg 6%
	<small>* 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.</small>

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).

