MAKING SENSE OF NUTRITION LABELS

Serving Size
- All values on label are based on 1 serving size.
- If you eat 2 servings, multiply all values by 2.
- If you eat 1/2 the serving, cut all values in half.

Carbohydrates
- Aim for 300g Total Carbohydrates a day.
- Aim for at least 25g of Fiber a day.
- Fiber helps digest food & helps you feel full longer.

Vitamins & Minerals
- Aim for a total of 100% in all nutrients, vitamins & minerals each day.
- The food item is a good source of a vitamin or mineral if the % Daily Value is 10% or more; a great source is 20% or more.

Individual Needs
- The average person needs 2,000 calories a day.
- An active person (moderate to vigorous activity at least 1 hour a day) will need closer to 2,500 calories.
- To lose 1 pound a week, reduce daily intake by 500 calories & increase physical activity.
- Eating less than 1,500 total calories a day is not recommended.

Nutrition Facts

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories 90</th>
<th>Calories from Fat 27</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat</td>
<td>3g</td>
<td>5%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0mg</td>
<td>0%</td>
</tr>
<tr>
<td>Sodium</td>
<td>300mg</td>
<td>13%</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>13g</td>
<td>4%</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>3g</td>
<td>12%</td>
</tr>
<tr>
<td>Sugars</td>
<td>3g</td>
<td></td>
</tr>
<tr>
<td>Protein</td>
<td>3g</td>
<td></td>
</tr>
</tbody>
</table>

Calories
- Calories are the energy that is supplied in food. If it is not burned up during the day, it will be stored in the body as fat.

Fat & Sodium
- Aim for less than 65g of Total Fat a day.
- Aim for less than 300mg of Cholesterol a day.
- Aim for less than 2,300mg of Sodium a day.
- Drain & rinse canned foods to reduce sodium up to 41%.
- Purchase no-salt added or low-sodium foods.

Protein
- Aim for 20g of Protein a meal, 50-60g total a day.
- Eat small servings of lean meat, fish & poultry.
- Look for proteins other than meat, such as beans. These usually have less fat & more fiber.

% Daily Values (DV)
- Based on your individual needs, the daily values are used as a general guide for the total amount needed a day. Listed are suggestions for the average or active individual.

Expiration Date
- Always check the expiration date before purchasing the item.

Ingredient List
- Ingredients are listed in descending order of weight from most to least.

This material was funded by USDA’s Supplemental Nutrition Assistance Program - SNAP. To find out more, call your local Department of Human Services (DHS) Office at 1.866.411.1877. This institution is an equal opportunity provider and employer.