

Food Label Literacy

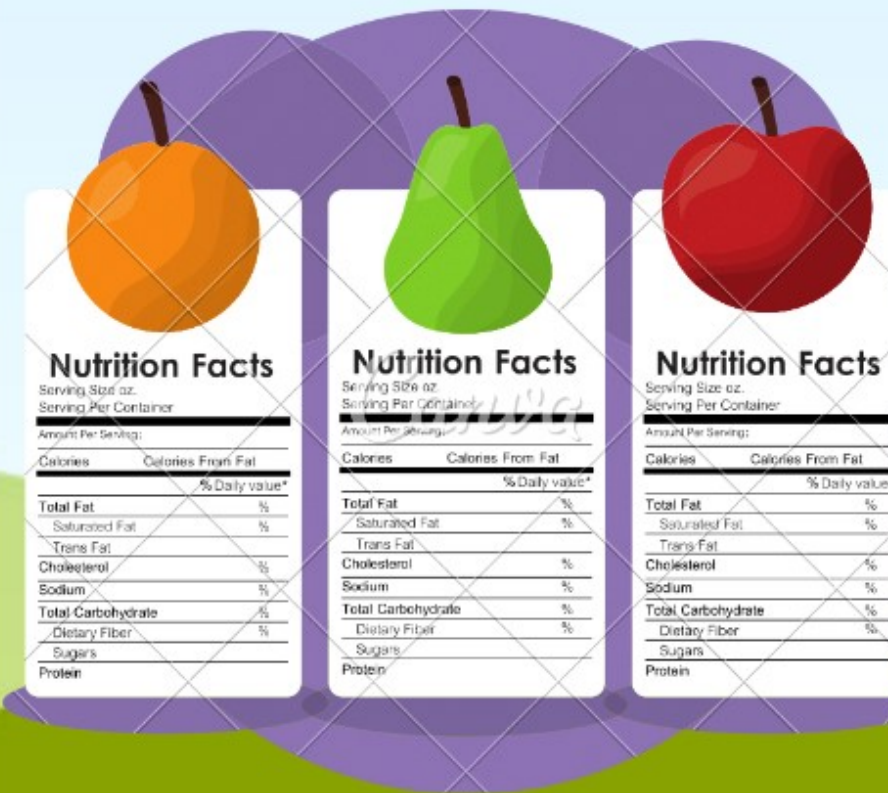
Important points to keep in mind when reading food labels:

- Check to make sure how many servings the package contains.
- Always do the math to check total calories.
- Eat foods with nutrients that your body needs.
- Always compare labels and choose options with less sugarsodium and saturated fats.
- Educate yourself with Daily % value. the DV tells you the percentage of each nutrient in a serving size in terms of daily recommended amount. This will help you to choose right foods with higher % DV.

Nutrition Facts

Serving Size oz.	
Serving Per Container	
Amount Per Serving:	
Calories	Calories From Fat
% Daily value*	
Total Fat	%
Saturated Fat	%
Trans Fat	
Cholesterol	%
Sodium	%
Total Carbohydrate	%
Dietary Fiber	%
Sugars	
Protein	

*Percent Daily values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.



YOUR HEALTH MATTERS , TAKE CARE OF IT!