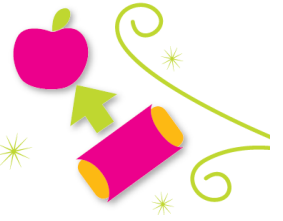




Understanding Food Labels!



The following pages contain some great information about the food labels that come on all of the food packaging that you buy.

- Choosing a packaged food or beverage that's right for you is easier when you check out the "Nutrition Facts" label.
- The Nutrition Facts label is designed to let you compare foods and make healthy choices.
- Please go over these pages and pay particular attention to the information about **Servings**, **Calories**, **% Daily Value**, and **Nutrients**.
- A basic understanding about these things will help you weigh your options and make healthy choices!

Included in these sheets are a number of **activities** your child can have fun with while also improving his/her label reading skills.

- Please have your child do the **Nutrition Label Word Search** and the **Lunchbox Challenge** (see Read the Label section, page 2, "When Packing Lunch"). Challenge your child to make a healthy 600-calorie lunch (or other calorie amount appropriate for your child) to enjoy at home. Have your child Read the Label on sandwich ingredients and snacks to see how many calories and nutrients each contains!



Nutrition Facts
Read the Label

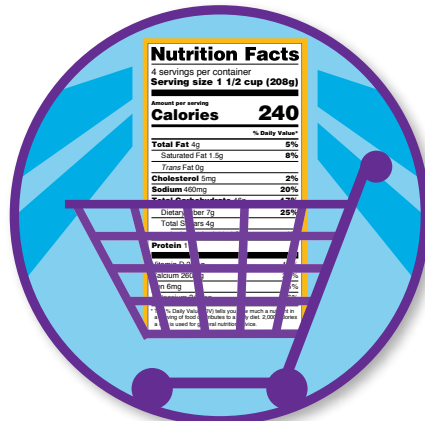
TIPS FOR PARENTS

Challenge Your Kids To Get Their Food Facts First

As a parent, you can help your kids learn about nutrition and establish healthy dietary habits. It's easy to talk about food choices throughout the day.



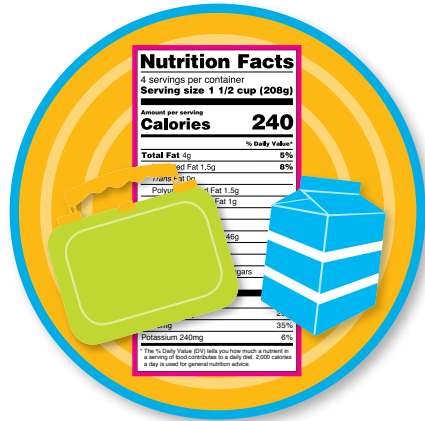
At Home



At the Supermarket



At Restaurants



While Packing a Lunch



Be a Role Model for **Label Reading**

Helping your kids understand how to read the Nutrition Facts label on food and beverage packages is important. After all, the label is a tool for making **healthy food choices** that they'll be able to use **throughout their lives**.

Family Actions for **Making Smart Food Choices**

Use teachable moments in everyday activities. These tips can make it easy to help your kids get their food facts first! Work together to explore using the Nutrition Facts label to make informed dietary choices.

It's What's On the Back (or Side) **That Counts**

When they're snacking, remind your kids to check out the Nutrition Facts label on food and beverage packages. That's where they can find the nutrition information they need to know.

Tips for **Kids**

Parents have lots of opportunities to discuss nutrition with their kids. And even though busy schedules mean that sometimes families can't eat together, there are plenty of times to talk about healthy eating habits at home with your child—even away from the dinner table.

On the following pages, you'll find practical tips to help your kids get their food facts first. They'll be learning to make informed nutrition decisions and establishing smart dietary habits that can last a lifetime.



Nutrition Facts

Read the Label

Revised: October 2018

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Using the Nutrition Facts Label

1 → 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%
Protein 11g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 6mg	35%
Potassium 240mg	6%

* 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.

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).



At Home

Tips for Parents to Help Kids Make Smart Choices!

Encouraging your kids to read the Nutrition Facts label starts in your own kitchen.

Kids Can...

● Guess the Serving Size

When your kids are choosing snacks, challenge them to measure out what they think is one serving. Then have them measure out the serving size according to the Nutrition Facts label.

Discuss any difference in amounts so they can see how many servings they're actually eating or drinking. Remind them that if they are eating two servings, they are getting double the calories and nutrients!

● Prepare Individual Servings of Snacks

Have your child check the Nutrition Facts label on their favorite snacks and measure out single servings according to the serving size listed on the label. Keep individual servings in resealable plastic bags or containers so you can quickly grab-and-go.

● Read the Label with Friends

When your child has friends over, challenge them to Read the Label when they are choosing snacks. Encourage them to see who can find the most interesting fact on a Nutrition Facts label and have them try to stump the others. Ask them to guess things like: How big is one serving of the snack? How many servings are in the package? Which snacks are higher or lower in calories or a particular nutrient?

● Play Online

Encourage your children to learn more about the Nutrition Facts label online.

- Hang out with other kids at the [Snack Shack](#) in the virtual world of Whyville and play two fun, educational games—Label Lingo and Snack Sort—and practice reading the label and making healthy snack choices!
- Check out the [Nutrition Facts Label Online](#) to explore the various sections of the label with a more in-depth look at specific nutrients and their role in your daily diet.

● Make the Shopping List Together

Have your child Read the Label on food and beverage packages in the pantry and refrigerator. Remind your child to pay particular attention to those foods that are higher in nutrients to get more of and lower in nutrients to get less of. Then, invite your child to add “restocking” items to the family shopping list using this new knowledge as a guide.

● Read Labels While Unpacking Groceries

You and your kids can check out labels while putting away your purchases. Have your child choose which food he or she thinks was a smart purchase that day and use the Nutrition Facts label on the food package to explain why.

You Can...

● Compliment Label Reading

If you see your children reading a label, make sure to compliment them and encourage this action. Let them know they are taking important steps towards managing their own health and nutrition.



Nutrition Facts

Read the Label

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At Lunch Time

Tips for Parents to Help Kids Make Smart Choices!

Whether packing a lunch or eating at the cafeteria, your kids can start to take control of their own food choices.

Kids Can...

Take the Great Lunchbox Challenge!

Challenge your child to pack a healthy 600-calorie lunch (or other calorie amount appropriate for your child) to take to school or enjoy at home. Have your child Read the Label on sandwich ingredients and snacks to see how many calories and nutrients each contains!

Consider different sandwich ingredients, such as:

- Bread options higher in dietary fiber, such as whole grain tortillas, pitas, and English muffins.
- Spreads lower in saturated fat, such as mustard and hummus instead of mayonnaise.
- Tasty “extras” full of nutrients to get more of such as leafy greens, cucumber and tomato slices, avocados, and colorful chopped peppers (red, green, and yellow).

Try these snack tips:

- For snacks that contain more than one serving per package, have your children measure out a single serving according to the label. Place them into resealable plastic bags or containers and pack the individual servings in the lunch bag.
- Read the Label on snack bars. These lunch box additions are easy and “packable,” but many of them are more like a dessert. Look for snack bars that are closer to 100 calories per serving and are lower in nutrients to get less of, like added sugars and saturated fat.

Read the Label in the Cafeteria Line

Remind your child to check out the Nutrition Facts label on food and beverage packages in the cafeteria.

Encourage your child to choose foods that are higher in nutrients to get more of and lower in nutrients to get less of. He or she can Read the Label on dairy products, snacks, and many other cafeteria items. Emphasize that the Nutrition Facts label can help your child to choose nutrients wisely.

Remind your kids to Read the Label on beverages, too!

You Can...

Leave a Note

Do you pack your child's lunch? If so, leave a friendly note reminding him or her to Read the Label on the foods you've packed. Point out one healthy item, such as a bag of mini carrots.



Nutrition Facts
Read the Label

At Restaurants

Tips for Parents to Help Kids Make Smart Choices!

Remind your kids to look for nutrition information at restaurants ... and use these tips.

Kids Can...

● Look Online Before You Go

Your child can check out the nutrition information on some restaurants' websites before going there to eat. This is a great chance for your kids to discover nutrition facts about the foods they like and decide what to order in advance. Remind them to consider the calories and choose nutrients wisely when selecting menu items.

● Check Out the Nutrition Information

Have your child look for nutrition information at the restaurant. If it's not posted, he or she can ask if it's available. Many restaurants offer a number of types and sizes of foods, and obtaining nutrition information is the first step towards making informed choices about what to order.

● Compare Different Foods and Meal Sizes

Have your kids check out the differences in calories and nutrients between various menu choices. Compare foods that are prepared different ways, like grilled chicken vs. fried chicken, baked potatoes vs. French fries ... and compare small vs. large portions. And, remember that a "super-sized" item can mean doubling (or tripling) the calories and nutrients because the serving size is larger.

● Swap Out One Item

See if your child can identify menu items that are lower in nutrients to get less of. Challenge your child to replace one food higher in saturated fat, sodium, or sugars that he or she would have ordered with one that is lower in these nutrients. Now that's smart swapping!



Nutrition Facts

Read the Label

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At The Supermarket

Tips for Parents to Help Kids Make Smart Choices!

Supermarkets offer almost unlimited opportunities for exploring the Nutrition Facts label and making smart food choices!

Kids Can...

● Use Supermarket Smarts

Challenge your child to Read the Label on different items at the supermarket. This is a great opportunity to compare different foods and use the Nutrition Facts label on food and beverage packages.

● Check out the Cereal Aisle

Ask your child to try to find a cereal that is lower in added sugars and higher in dietary fiber. Have him or her compare that cereal to one you currently have at home.

● Compare Frozen Pizzas and Vegetables

Send your child to the freezer section to Read the Label on different frozen pizzas and vegetables (including ones with and without sauce). Ask him or her to find ones that are lower in saturated fat and sodium and a higher in dietary fiber, vitamin D, calcium, iron, and potassium.

● Read the Label on Nuts and Seeds

Nut butters and unsalted nuts and seeds can make great snacks because they are good sources of protein, healthy fats, dietary fiber, vitamins, and minerals. However, it's easy to eat more of these snacks than intended, so remind your child to check the serving sizes.

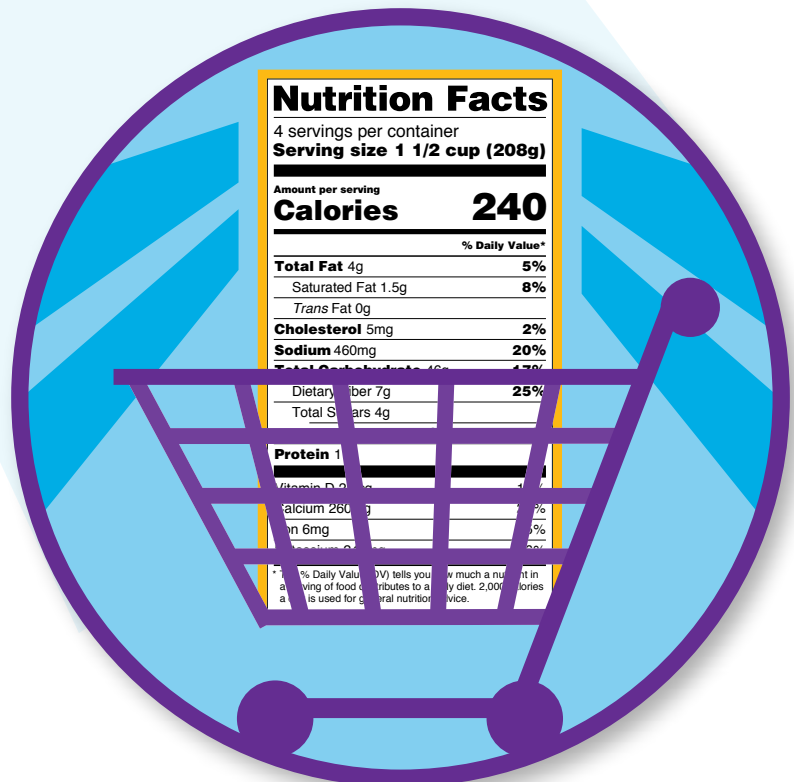
You Can...

● Continue Learning After Leaving the Store

Make the car ride home and the unpacking of groceries into teachable moments. Ask your kids if they learned anything interesting while reading labels at the store. Use their answers as a springboard for discussing how easy it is to use the Nutrition Facts label on food packages.

● Look for Healthy Sweets

Try fruits as healthy sweet snacks and desserts and use fruit to top foods like cereal, yogurt, and pancakes instead of sugars, syrups, or other sweet toppings. Choose fresh fruits and packaged fruits (such as frozen, dried, and canned in 100% fruit juice) that are lower in added sugars and higher in dietary fiber, vitamins, and minerals.

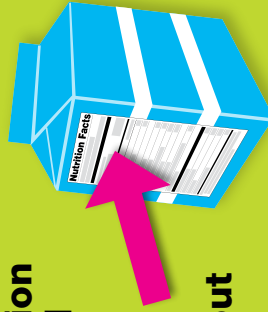


Nutrition Facts
Read the Label

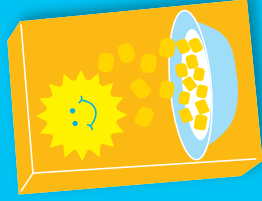
The Nutrition Facts Label

Look for it and Use It!

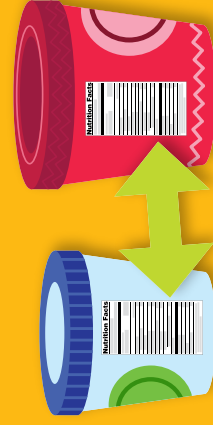
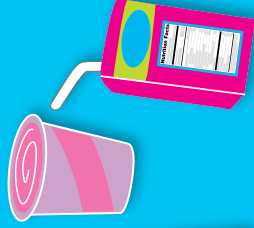
Information you need to make healthy choices throughout your day



Found on food and beverage packages



Use it to compare and choose foods!



Check the serving size and servings per container. The nutrition information listed on the Nutrition Facts label is usually based on one serving of the food.

Packages can—and often do—contain more than one serving! If you eat multiple servings, you're getting "multiples" on calories and nutrients, too.

2SERVINGS=CALORIES&NUTRIENTSx2

Calories from food provide the energy your body needs to function and grow. **Balance the number of calories you eat and drink with the number of calories you burn during physical activity.** Curious about calorie needs? Check out www.choosemyplate.gov/MyPlatePlan.



TIP: 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.

Nutrition Facts

4 servings per container
Serving size 1 1/2 cup (208g)

Amount per serving
Calories 240

	% Daily Value*
Total Fat 4g	5%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 430mg	19%
Total Carbohydrate 46g	17%
Dietary Fiber 7g	25%
Total Sugars 4g	
Includes 2g Added Sugars	4%
Protein 11g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 6mg	35%
Potassium 240mg	6%

*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.

Use %DV

% Daily Value (%DV) is the percentage of the Daily Value (reference amounts of nutrients to consume or not to exceed each day for adults and children 4 years of age and older) and shows how much a nutrient in a serving of the food contributes to a total daily diet. **Use %DV to see how a food's nutrients stack up and choose foods that are higher in nutrients to get more of and lower in nutrients to get less of.**

Choose Nutrients Wisely

TIP: 5% DV or less per serving is **low** and **20% DV** or more per serving is **high**

Nutrients To Get More Of

Compare and choose foods to get **100% DV** of these on most days:

- Dietary Fiber
- Iron
- Vitamin D
- Calcium
- Potassium

Nutrients To Get Less Of

Compare and choose foods to get **less than 100% DV** of these each day:

- Saturated Fat
- Sodium
- Added Sugars
- Trans Fat (Note: Trans fat has no %DV, so use grams as a guide)

Eat a variety of foods to get the nutrients your body needs, including:

- Fruits and vegetables
- Lean meats and poultry
- Whole grains
- Dairy products
- Eggs
- Seafood
- Beans and peas
- Soy products
- Unsalted nuts and seeds

Nutrition Facts
Read the Label

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FDA

Read the Label When Choosing Snacks

Family Handout

Any time is a good time to talk about nutrition and healthy eating with your family. You can help your children learn to Read the Label so that they can make good choices when they are choosing their own snacks. Here's an activity you can do to help your kids learn how to pick a snack:

1. Ask your kid(s) to select a box or bag of cereal, chips, cookies, crackers, or pretzels from your pantry. Have them measure out how much they would usually eat for a snack into a bowl. Make sure they don't peek at the label.
2. Next, have them check the serving size on the Nutrition Facts label and measure out a serving according to the label into another bowl.
3. Together, compare the two portions. Discuss how the two amounts differ. Are they surprised to see what the serving size is for this snack?
4. Figure out the calories for the serving size they typically eat. Remind them that if they eat two servings, they are getting double the calories and nutrients!



Tasty Tips for Snacks

- Encourage your children to pay attention to servings and help them **measure out single servings** of their favorite snacks according to the serving size listed on the Nutrition Facts label. Keep them in resealable plastic bags or containers so you can quickly grab-and-go!
- **Look for healthy, filling snack choices**, such as:
 - Air-popped popcorn
 - Baked chips
 - Cheese sticks
 - Dips (such as hummus, black bean dip, and salsa)
 - Fruits and vegetables
 - Nut butters and unsalted nuts and seeds
 - Yogurt
- When checking a food's calories, keep this guide in mind:
 - 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.

Recap Questions:

1. What did you like the best about this activity?
2. What did your child say about this activity?
3. What do you think your child learned?



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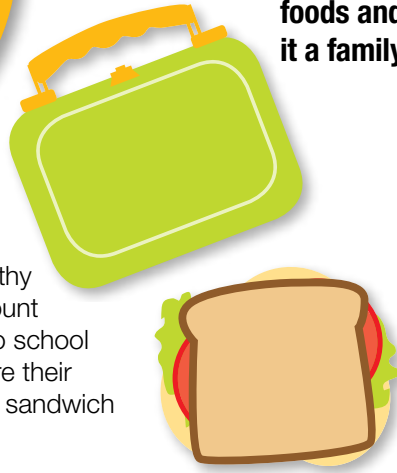


Read the Label When Packing Lunch

Family Handout

Lunchtime is a great time to Read the Label. Remind your children to look for the Nutrition Facts label on packaged foods and beverages in the school cafeteria ... and make it a family habit when packing lunches.

Challenge your children to pack a healthy 600-calorie lunch (or other calorie amount appropriate for your children) to take to school or enjoy at home. Siblings can compare their lunch choices! Remind them to tally all sandwich ingredients, including condiments.



Tips for Building Tasty, Healthful Lunches

- Sandwiches can vary in shape and size—so don't limit lunches to traditional breads. Try whole grain tortillas, pitas, and English muffins that are higher in dietary fiber, a nutrient to get more of.
- Spreads and dressings count in the overall calorie tally. Read the Label on the spreads and dressings that your family uses on sandwiches. You and your children may be in for a surprise! Try spreads lower in saturated fat, a nutrient to get less of, such as mustard or hummus instead of mayonnaise.
- Fill your sandwich with lots of tasty “extras” full of nutrients to get more of, such as leafy greens, cucumber and tomato slices, avocados, and colorful chopped red, green, and yellow peppers.
- For snacks that contain more than one serving per package, have your children measure out a single serving according to the label.
- Don't forget to Read the Label on snack bars. These lunch box additions are easy and “packable,” but many of them are more like a dessert. Look for snack bars that are closer to 100 calories per serving and are lower in nutrients to get less of, like added sugars and saturated fat.

Lunch Ingredient/Item	Calories
Total	

Recap Questions:

1. What did you like the best about this activity?
2. What did your child say about this activity?
3. What do you think your child learned?



Read the Label To “Shake Down” Sodium

Family Handout

Most Americans eat too much sodium. But did you know that most dietary sodium (over 70%) comes from eating packaged and prepared foods—not from salt added to food when cooking or eating?

Reducing sodium is a great goal for all family members. Lowering sodium in children’s diets can help lower blood pressure and may prevent heart disease later in life. So, remind your kids to Read the Label for sodium, especially when choosing snacks and prepared foods.

Challenge your children to find three of their favorite afterschool savory snacks in the pantry. Have them compare the %DV of sodium per serving in each one.

SODIUM TIP:

5% DV
or less
per serving
is low

20% DV
or more
per serving
is high

Rank (lowest to highest)

Snack Item	%DV per Serving of Sodium
1.	
2.	
3.	

Recap Questions:

1. What did you like the best about this activity?
2. What did your child say about this activity?
3. What do you think your child learned?

Tips for Reducing Sodium Intake

- **Add flavor without adding sodium.** Try herbs and spices and no-salt seasoning blends instead of adding salt to foods when cooking, baking, and eating.
- **Watch your veggies.** Buy fresh, frozen (without sauce or seasoning), low sodium, or no-salt-added canned vegetables.
- **Rinse sodium-containing canned foods**, such as beans, tuna, and vegetables before eating.
- **Go for fresh sandwich ingredients when you can.** Choose fresh or frozen poultry, pork, and lean meats rather than canned, smoked, and processed meats (like luncheon meat, sausage, and corned beef).
- **“Unsalt” your snacks.** Choose low sodium or no-salt-added nuts, seeds, and savory snack products (such as chips, crackers, and pretzels). Or, have a carrot or celery stick instead!
- **Consider your condiments.** Try light or reduced sodium condiments, add oil and vinegar to salads rather than bottled dressings, and use only a small amount of seasoning from flavoring packets instead of the entire packet.
- **Speak up at restaurants.** When eating out, ask that your meal be prepared without salt and request that sauces and salad dressings be served “on the side,” then use less of them. You can also ask if nutrition information is available and then choose options that are lower in sodium.



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Read the Label At The Supermarket

Family Handout

One of the best ways to get kids interested in what's in their food is to let them participate in the decision-making process. Take them grocery shopping! It's a great chance for them to compare and contrast their favorite foods and "get their food facts first."

1. Take your child to the cereal aisle at your favorite supermarket.
2. Have him/her Read the Label to find a cereal that is lower in added sugars and higher in dietary fiber.

NUTRIENT TIP:

5% DV
or less
per serving
is low

20% DV
or more
per serving
is high

- a. Which cereal has the lowest %DV per serving of added sugars?
Name:
%DV per Serving:
 - b. Which cereal has the highest %DV per serving of dietary fiber?
Name:
%DV per Serving:
3. When you return home, have your child compare these products to the cereal(s) you currently have at home.
 - Lowest %DV per serving of added sugars in cereal at home:
 - Highest %DV per serving of dietary fiber in cereal at home:

Remember: don't forget to check the serving size to make an accurate comparison!

Recap Questions:

1. What did you like the best about this activity?
2. What did your child say about this activity?
3. What do you think your child learned?



Nutrition Facts
Read the Label

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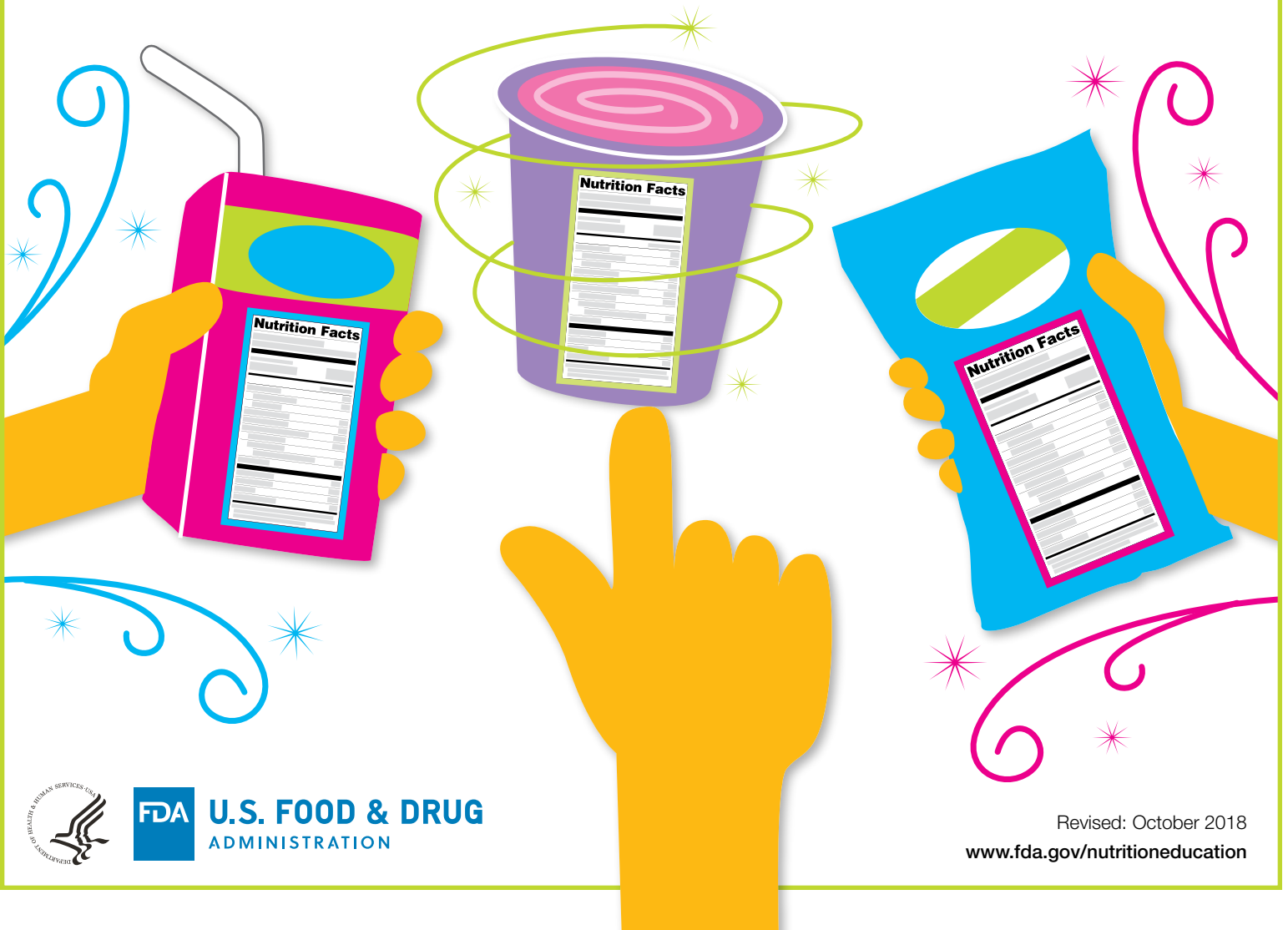


Nutrition Facts

Read the Label

COOL TIPS FOR KIDS

Use the
Nutrition Facts Label
to Make
Smart Food Choices



FDA U.S. FOOD & DRUG
ADMINISTRATION

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Using the Nutrition Facts Label

Look for the **Nutrition Facts** label on food and beverage packages. Once you spot it, you'll find a wealth of information to make **healthy food choices**.

Using the Nutrition Facts label is as easy as 1-2-3!



Size up Servings

The information listed on the Nutrition Facts label is usually based on one serving of the food. **Pay attention to the serving size and the number of servings you eat** or drink to discover the total number of calories and nutrients you are consuming.

If you eat or drink two servings of the food or beverage, you are getting double the calories and nutrients that are listed on the label. And keep in mind, packages can—and often do—contain more than one serving!



Consider the Calories

Calories from food provide the energy your body needs to function and grow. When you are active, you “burn” calories. **To keep your body healthy, balance the number of calories you eat and drink with the number of calories your body uses.**

Everyone’s calorie needs are different and depend on age, sex, height, weight, and physical activity level. Curious about calorie needs? Check out www.choosemyplate.gov/MyPlatePlan.

- TIP**
- **100 calories** per serving of an individual food is considered a **moderate** amount
 - **400 calories** or more per serving of an individual food is considered **high** in calories



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.

- TIP**
- **5% DV** or less of a nutrient per serving is considered **low**
 - **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	
4 servings per container	
Serving size 1 1/2 cup (208g)	
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	
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Iron 6mg	35%
Potassium 240mg	6%

* 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.



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 Nutrition Facts label on your favorite snacks and measure out single servings according to the serving size listed on the label. Keep them in resealable plastic bags or containers so you can quickly grab-and-go!



Add Healthy Choices to the Family Shopping List

Read the Label on food packages in your pantry and refrigerator. Then, add items to your family's shopping list that are higher in nutrients to get more of and lower in nutrients to get less of.



Challenge Your Friends and Family

Challenge your friends and family to Read the Label when choosing a favorite snack. Look for interesting facts on Nutrition Facts labels ... and then try to stump each other.

Ask them to guess things like:

- How big is one serving of the snack?
- How many servings are in the package?
- Which snacks are higher or lower in calories or in a particular nutrient?

When you're done—choose your favorite healthy snacks and dig in (watch the serving size, of course)!



Play a Game

Hang out with other kids at the Snack Shack in the virtual world of Whyville. Play two fun games—Label Lingo and Snack Sort—and practice reading the label and making healthy snack choices!

Nutrition Facts
Read the Label

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At Lunch Time



Tips for Kids

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

Read the Label in the Cafeteria Line

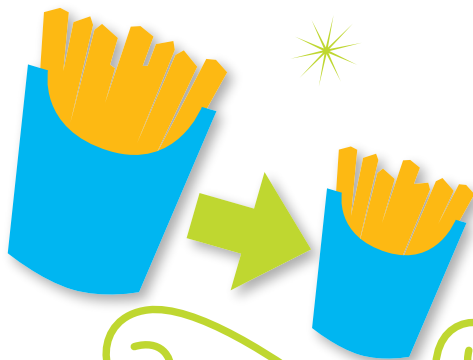
Look for the Nutrition Facts label on food and beverage packages like dairy products, snacks, and other foods in your school cafeteria. Choose the ones that are higher in nutrients to get more of and lower in nutrients to get less of.



Take the Great Lunchbox Challenge

Can you pack a healthy, 600-calorie (or other calorie amount) lunch? Read the Label on breads, sandwich ingredients, and snacks to put together a tasty lunch. Try a whole grain pita or tortilla as an alternative to some breads ... try spreads like mustard or hummus instead of mayonnaise ... and measure out single servings of snacks.

At Restaurants

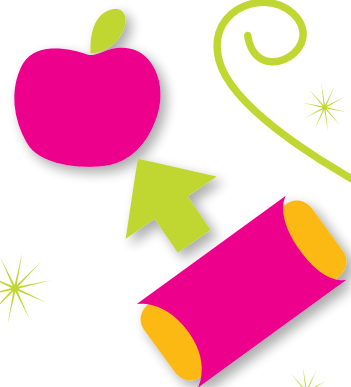


Check out the Nutrition Information

Look for nutrition information at restaurants. If it's not posted, ask if it's available. You can also check online before you head out to eat — just visit your favorite restaurant's website.

Swap Out One Item

See if you can figure out which menu items are lower in nutrients to get less of. Then replace one food you would have ordered that is higher in saturated fat, sodium, or sugars with one that is lower in these nutrients. Now that's smart swapping!



Compare Different Foods and Meal Sizes

Check out the differences in calories and nutrients between various menu choices. Compare foods that are prepared different ways, 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 and nutrients because the serving size is larger.

Nutrition Facts
Read the Label

At The Supermarket

Tips for Kids

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

Check out the Cereal Aisle

Try to find a cereal that is lower in added sugars and higher in dietary fiber. Compare that cereal to ones you currently have at home.

Compare Frozen Pizzas and Veggies

Chill out in the freezer section and Read the Label. Compare frozen pizzas and vegetables (with and without sauce). Look for ones that are lower in saturated fat and sodium and are higher in dietary fiber, vitamin D, calcium, iron, and potassium.

Read the Label on Nuts and Seeds

Nut butters and unsalted nuts and seeds can make great snacks because they are good sources of protein, healthy fats, dietary fiber, vitamins, and minerals. However, it's easy to eat more of these snacks than intended, so don't forget to check out the serving sizes.

Look for Healthy Sweets

Try fruits as healthy sweet snacks and desserts and use fruit to top foods like cereal, yogurt, and pancakes instead of sugars, syrups, or other sweet toppings. Choose fresh fruits or packaged fruits (such as frozen, dried, and canned in 100% fruit juice) that are lower in added sugars and higher in dietary fiber, vitamins, and minerals.



Nutrition Facts

Read the Label

Revised: October 2018

www.fda.gov/nutritioneducation



Make Smart Choices!

Nutrition Label Word Search

All the words hidden below can be found on the **Nutrition Facts** label.

Find them here first ... then use them when comparing and choosing snacks!

- added sugars
- calcium
- calories
- cholesterol
- dietary fiber
- iron
- nutrition facts
- percent daily value
- potassium
- protein
- saturated fat
- serving size
- servings per container
- sodium
- total carbohydrate
- total fat
- total sugars
- trans fat
- vitamin D



No Searching Required!

It's easy to use the **Nutrition Facts** label. Here are some quick tips for smart choices!

1

Size up Servings

Pay attention to the serving size and the number of servings you eat or drink to discover the total number of calories and nutrients you are consuming.

2

Consider the Calories

When comparing foods, 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

Use % Daily Value (%DV) to see if a serving of the food is high or low in an individual nutrient. When comparing foods, 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.



Make Smart Choices!

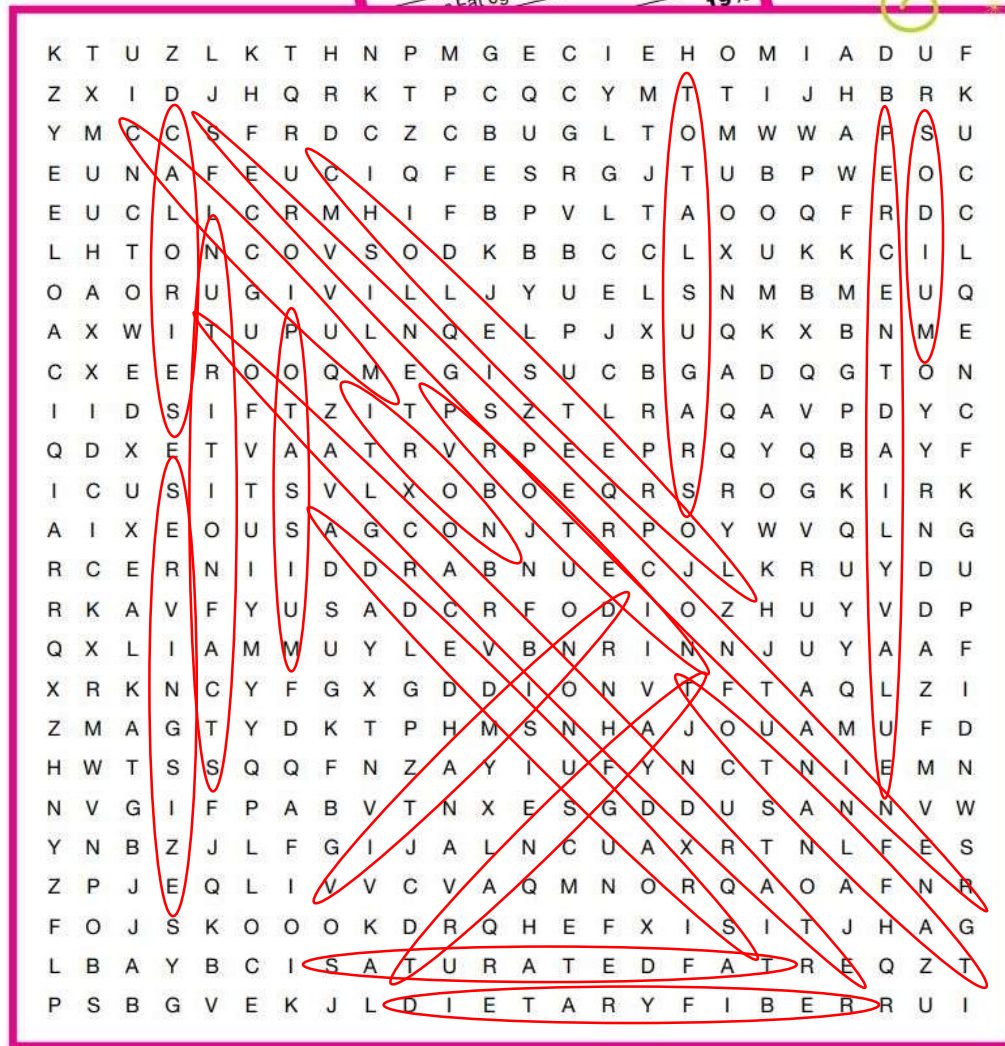
Nutrition Label Word Search

ANSWER KEY



Find them here first ... then use them when comparing and choosing snacks!

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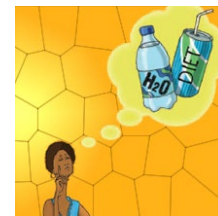
Nutrition Facts

Read the Label





Rethink your Drink!



Calories in drinks are not hidden (think back to what you learned about reading the Nutrition Facts Label), but many people don't realize just how many calories beverages can contribute to their daily intake.

The example below shows how calories from drinks can really add up, but also shows plenty of options for reducing the number of calories in what you drink!

Occasion	Instead of...	Calories	Try...	Calories
Morning coffee shop run	Medium café latte (16 ounces) made with whole milk	265	Small café latte (12 ounces) made with fat-free milk	125
Lunchtime combo meal	20-oz. bottle of nondiet cola with your lunch	227	Bottle of water or diet soda	0
Afternoon break	Sweetened lemon iced tea from the vending machine (16 ounces)	180	Sparkling water with natural lemon flavor (not sweetened)	0
Dinnertime	A glass of nondiet ginger ale with your meal (12 ounces)	124	Water with a slice of lemon or lime, or seltzer water with a splash of 100% fruit juice	0 calories for the water with fruit slice, or about 30 calories for seltzer water with 2 ounces of 100% orange juice.
Total beverage calories		796		125-155



Substituting no- or low-calorie drinks for sugar-sweetened beverages cuts about 650 calories in the example on the previous page

Of course, not everyone drinks the amount of sugar-sweetened beverages shown above. **Find on the list** below the drinks you usually have to estimate how many calories you typically take in from beverages.

Type of Beverage	Calories in 12 oz	Calories in 20 oz
Fruit punch	192	320
100% apple juice	180	300
100% orange juice	168	280
Lemonade	168	280
Regular lemon/lime soda	148	247
Regular cola	136	227
Sweetened lemon iced tea (bottled, not homemade)	135	225
Tonic water	124	207
Regular ginger ale	124	207
Sports drink	99	165
Fitness water	18	36
Unsweetened iced tea	2	3
Diet soda (with aspartame)	0*	0*
Carbonated water (unsweetened)	0	0
Water	0	0



Milk contains vitamins and other nutrients that contribute to good health, but it also contains calories. Choosing low-fat or fat-free milk is a good way to reduce your calorie intake and still get the nutrients that milk contains.

Type of milk	Calories per cup (8 ounces)
Chocolate milk (whole)	208
Chocolate milk (2% reduced-fat)	190
Chocolate milk (1% low-fat)	158
Whole milk (unflavored)	150
2% reduced-fat milk (unflavored)	120
1% low-fat milk (unflavored)	105
Fat-free milk (unflavored)	90

Read Nutrition Facts Labels Carefully

Remember that the Nutrition Facts label on beverage containers may give the calories for ONLY PART of the contents.

NUTRITION FACTS LABEL	
Serving Size 8 fl. oz.	
Servings Per Container	2.5
Amount per serving	
Calories	100

- The label above is from a 20-oz. bottle, but only lists the number of calories in an 8-oz. serving (100).
- To figure out how many calories are in the whole bottle, you need to multiply the number of calories in one serving by the number of servings in the bottle (100×2.5).
- You can see that in this one bottle you are actually consuming 250 calories!
- So it is important to look closely at the serving size when comparing the calorie content of different beverages.

How Do I Know if My Drink Is Sweetened?

Sweeteners that add calories to a beverage go by many different names and are not always obvious when looking at the ingredients list. Some common caloric sweeteners are listed below. If these appear in the ingredients list of your favorite beverage, you are drinking a sugar-sweetened beverage.



- High-fructose corn syrup
- Fructose
- Fruit juice concentrates
- Honey
- Sugar
- Syrup
- Corn syrup
- Sucrose
- Dextrose

Better Beverage Choices Made Easy

Now that you know how much difference a drink can make, try some ways of these way to make smart beverage choices. Check the ones you do!

- Choose water, diet, or low-calorie beverages instead of sugar-sweetened beverages.
- For a quick, easy, and inexpensive thirst-quencher, carry a water bottle and refill it throughout the day.
- Don't "stock the fridge" with sugar-sweetened beverages. Instead, keep a jug or bottles of cold water in the fridge.
- Serve water with meals.
- Make water more exciting by adding slices of lemon, lime, cucumber, or watermelon, or drink sparkling water.
- Add a splash of 100% juice to plain sparkling water for a refreshing, low-calorie drink.
- When you do opt for a sugar-sweetened beverage, go for the small size. Some companies are now selling 8-oz. cans and bottles of soda, which contain about 100 calories.
- If getting coffee, try to get fat-free or low-fat milk, get the smallest size, avoid flavored syrups, and skip the whipped cream.

