

Check out the Facts

How can you eat smart when you have so many foods to pick from? Just use “5-20” guide to check the Nutrition Facts on food labels and then decide what to buy and eat.

Practice here. Can you find the Nutrition Facts on a food label? Almost every food has them.

❖ **Serving size.**

It might be more or less than your usual amount. To find out, measure or remember the visual cues.

❖ **Number of servings in the package.**

❖ **Calories in one serving.**

If you eat two servings, you double the calories. Pay attention, so you can be at a healthy weight.

❖ **Nutrients that need your attention.**

❖ **% Daily Value (DV).**

It is a number that allows you to know whether there’s a lot or a little of a nutrient in a serving of food.

❖ **Footnote (bottom).**

It shows how much or how little of some nutrients an average person needs each day. You may need more or less depending on your energy needs.

Here’s how the “5-20” guide works: Look at the % DVs, and use the “5-20” guide as a helpful tool that provides a way to balance food choices for the day. It does not turn foods into good or bad foods. It helps you see if a food has a little or a lot of a nutrient.

For example:

❖ **5% DV or less is low:**

For nutrients you want to get less of (such as saturated fat, cholesterol, and total fat), try to choose foods with a low % DV.

❖ **20% DV or more is high:**

For nutrients you want to consume more of (such as calcium or fiber), try to choose foods with a high % DV.

To be healthy:

- ❖ Get less fat, especially saturated fat, cholesterol, sodium
- ❖ Get enough fiber, vitamins A and C, calcium , iron

Adapted from *The Power of Choice Leader’s Guide*

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