



READ IT *before you EAT IT!*

How many servings are you eating?



Nutrition Facts

Serving Size 1 cup (228g)
Servings Per Container 2

Amount Per Serving		% Daily Value*	
Calories 250		Calories from Fat 110	
Total Fat 12g		18%	
Saturated Fat 3g		15%	
Trans fat 0g			
Cholesterol 30mg		10%	
Sodium 470mg		20%	
Total Carbohydrate 31g		10%	
Dietary Fiber 0g		0%	
Sugars 5g			
Protein 5g			
Vitamin A 4%	Vitamin C 2%		
Calcium 20%	Iron 4%		

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

What food would have this Nutrition Facts label? Answer below:

Get What You Need!

Get LESS
5% or less is low
20% or more is high

Get ENOUGH
5% or less is low
20% or more is high



What's the Best Choice for You?

Use the Nutrition Facts Label to Make Choices

Roast Beef	Garlic Bread	Henry's Chicken Cakes	Vegetarian Omelette	Pepperoni Pizza	Hot Lunch, Bread	Grilled Steak, US	Chicken Salad	Spicy Food, Hot Sauce

*Answer: Bucel macaroni and cheese.

How do your choices stack up? This combination of foods and amounts meets the MyPyramid food group recommendations for about 2,000 calories a day. The photos show approximate serving sizes from the five major food groups of the MyPyramid. This combination of food choices shows the servings from the Pyramid for an older child, or teen, girl, for one day; teen boys may need more servings of foods.

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