

The Facts About Food Labels

Checking out a food label before eating can help you to understand your choices better and become a smart eater.

How much energy do I get? Kids need between 1200-2200 a day: more as you get older!

Limit these. Saturated fats should give less than 7% of your total calories. Trans fats should be as low as possible. Keep salt to less than 2300mg per day.

Eating protein helps our muscles. Make sure to eat lots of different types from animals and plants.

Ingredients are listed from most present to least and include all foods, colors, and chemicals.

Try to **make half your grains whole grains.** Look for the key word whole in the label.

Nutrition Facts	
Serving Size 1 Cookie (19g)	
Servings Per Container 10	
Amount Per Serving	
Calories 90	Calories from Fat 30
% Daily Value*	
Total Fat 3.5g	5%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 25mg	1%
Total Carbohydrate 13g	4%
Dietary Fiber 1g	4%
Sugars 9g	
Protein 1g	
Vitamin A 2%	Vitamin C 0%
Calcium 2%	Iron 2%
*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
Saturated 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
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

INGREDIENTS: SUGAR, ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), ALMONDS, BUTTER (CREAM), NATURAL FLAVORS, BROWN RICE SYRUP, SALT, CINNAMON.

Contains Wheat, Almonds, Milk.

Start here to learn how much to eat of the package. Remember **1** package does not always mean **1** serving.

Carbohydrates give us energy, but added sugars aren't always helpful and should be limited. Try to eat your age plus 5g of fiber each day (7 years old= 12g)

Be sure to get enough **vitamins and minerals** throughout the day.

Avoid eating too many foods with high fructose corn syrup and hydrogenated oils.

Watch out for common allergens that may be present. Wheat, nuts, dairy, soy, and eggs are the most common.