

# 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

**Calories** 250    **Calories from Fat** 110

### % Daily Value\*

**Total Fat** 12g    **18%**

Saturated Fat 3g    **15%**

**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 5%-20% Guide to Daily Values to choose foods.*

\*Answer:  
Box of macaroni and cheese.

How do your choices stack up? The photos show approximate serving sizes from the five major food groups of the Food Guide Pyramid. This combination of food choices shows the servings from the Pyramid for an older child, a teen girl, an active woman, and most men, for one day. Teen boys and active men may need more servings of food.