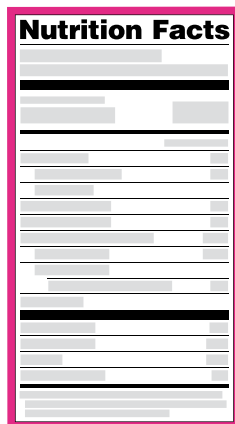


Nutrition Facts

Read the Label

Teaching Parents to Talk to Kids about the Nutrition Facts Label

A Community Educator's Outreach Manual



Welcome to the U.S. Food and Drug Administration's (FDA's) **Read the Label -**

a portfolio of materials created to be used to reach youth with important nutrition information. The **Nutrition Facts** label found on packaged foods and beverages is your daily tool for making informed food choices that contribute to healthy lifelong eating habits. This manual is designed to help you spread the word to families in your community and get them excited about "getting their food facts first!"

Read the Label youth outreach materials include fun, easy tips and targeted education to help make label reading a key component through which today's young people are equipped to achieve a healthy diet.



What is Read the Label?

Read the Label is a portfolio of education materials designed to help kids (ages 9 - 13) understand and use the Nutrition Facts label to make informed dietary choices.

- Young people are in a transition phase, taking increased care of themselves and making many of their own food choices. Helping them to **establish good habits** as they are learning to make these decisions can have tremendous long-term impact.
- Read the Label also encourages parents to **support their kids' efforts to use the Nutrition Facts label** when making food choices.

Your Role:

Working with Parents

Read the Label reaches out to parents as key partners in their children's healthy eating. The materials provide parents with key information to help their kids to learn to make wise nutrition choices.

This is especially important for kids in the "tween" years (ages 9 - 13) as they begin making more and more food decisions for themselves. As you know, **parents are influential role models** for their children, and are in a key position to engage their children in a conversation about healthy eating. As an educator, you can foster this conversation.

This **manual** will help prepare you for meeting with parents in your community and getting them on board with using the Read the Label materials.

Materials

Together, parents and their children can **Read the Label** to make **informed food choices** based on **nutrition facts**.

Online materials include:

- Printable Family Activities with hands-on tips for parents and kids
- Background information and handouts/resource materials
- Presentation information, including this manual and a customizable PowerPoint® presentation and talking points

Inside

Getting Ready

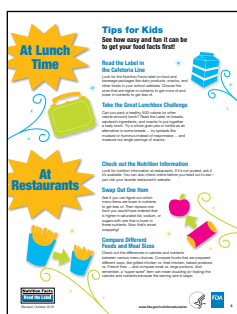
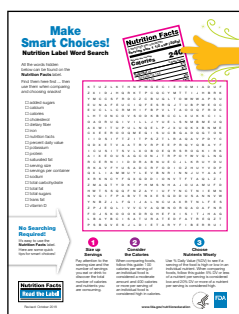
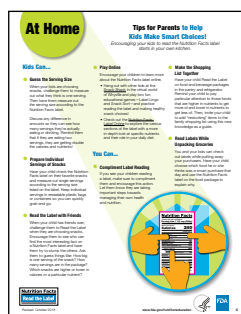
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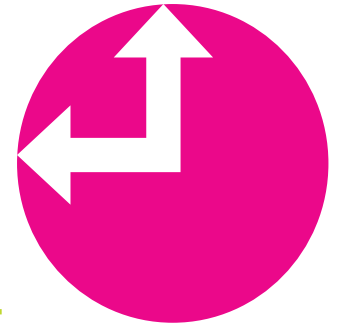
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Planning a Read the Label Presentation

One of the best aspects of this Read the Label presentation plan is its **flexibility** – in timing, audience structure, and activities. Consider these presentation elements and options, and choose the approach that works best in your own community setting.



Timing

The recommended structure for teaching parents about this important health topic is:

- A **two-session presentation** for each community group (30-45 minutes each session).
- **15 to 20 parent participants**, all attending both sessions.
Alternate timing: If preferred, the presentation may also be executed in one session.

Audiences

While this manual is offered as a tool for teaching parents, it could also be used with young audiences as needed. With a few modifications in wording, you can easily introduce and execute the activities with kids/youth groups.

Activities

The family activities shown on pages 8-15 are flexible. If it is not feasible for families to conduct these exercises at home, you can do the activities onsite using purchased food and beverage products, and/or by taking the group on a trip to a supermarket.

The Presentation Plan begins on Page 6.



Understanding the Nutrition Facts Label

This page outlines the **basic messages** in the Read the Label materials. By becoming familiar with this information, you will have the background you need to conduct community sessions.

Size up Servings

1

Consider the Calories

2

Choose Nutrients Wisely

3

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	
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.

Size up Servings

1

Nutrition Facts

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

The top of the Nutrition Facts label shows the serving size and the servings per container.

- Serving size is based on the amount of food that is customarily eaten at one time, and is not a recommendation of how much to eat.
- The information listed on the Nutrition Facts label is usually based on one serving of the food. Some containers may also have information displayed per package.
- 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.

Read the Label for... Serving Size!

Food packages can—and often do—contain more than one serving! 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.



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.
- When checking a food’s calories, 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
- Note: A 1,400 to 2,000 calorie daily diet is used as a general guide for nutrition advice for children ages 9 to 13 years—but individual calorie needs may be higher or lower and vary depending on age, sex, height, weight, and physical activity level. Learn about calorie needs at www.choosemyplate.gov/MyPlatePlan.

Choose Nutrients Wisely

Use % Daily Value (%DV) to see if a serving of the food is high or low in an individual nutrient and to compare food products.

The term “Daily Value” is used to describe the reference amounts of nutrients to consume or not to exceed each day for adults and children 4 years of age and older. % Daily Value is the percentage of the Daily Value, and it shows how much of a nutrient in a serving of the food contributes to a total daily diet.

	% 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%



Read the Label for... Calories!

How many calories are you *really* getting: 100? 200? 300? Here’s how to know:

1. Check the Nutrition Facts label for the serving size and figure out the number of servings you are actually eating or drinking
2. Multiply the number of servings by calories per serving

That’s how you’ll know the total number of calories you’re really consuming. Some containers may also have information displayed per package.

Nutrients To Get More of:

Dietary fiber, vitamin D, calcium, iron, and potassium.

Encourage parents/kids to compare and choose foods to **get 100% DV of these nutrients on most days.**

Nutrients To Get Less of:

Saturated fat, trans fat, sodium, and added sugars.

Remind parents/kids to compare and choose foods to **get less than 100% DV of these nutrients each day.**

(Note: *Trans* fat has no %DV listed on the label. Use the amount of grams per serving to compare foods and keep the intake of *trans* fat as low as possible.)

Read the Label for... Nutrients!

- If a food has **5% DV** or less of a nutrient per serving, it is considered **low** in that nutrient.
- If a food has **20% DV** or more of a nutrient per serving, it is considered **high** in that nutrient.



Conducting Community Outreach

Now that you're familiar with the basic messages of the Read the Label materials, you're ready to invite parents (and kids) to learn about this important topic, too! Using the Nutrition Facts label to make healthy food choices is something that every family can do, every day.

To make this challenge interesting and engaging, the following pages offer suggestions for your presentation. This includes our hands-on, family-focused, at-home activities that parents can take home and do with their kids.

Consider the Logistics

1 Choose Your Venue

Explore public meeting spaces that offer plenty of room and tables/chairs for participants. Consider:

- Community recreational centers
- Faith-based institutions
- Libraries
- Local YMCAs/YWCAs
- Schools
- Youth group facilities
- Supermarkets with meeting space

2 Solicit Participants

- Promote your Read the Label event to sign up 15 to 20 parent participants.
 - Create flyers and posters to alert your audience
 - Send out a message on social media, such as your organization's Twitter or Facebook account
 - Send printed or email invitations with an RSVP date
- Enlist volunteers, such as local registered dietitians, to help facilitate an active discussion during the presentation.
- Reserve optional equipment, if desired. For example:
 - Computers/computer projection equipment to show the Read the Label webpage for kids and parents (See *Technology Tips* on next page)

3 Brief Yourself

Review this manual to familiarize yourself with Read the Label and be prepared to answer questions about the materials and/or the Nutrition Facts label in general. (Also see *Check Out the Read the Label Youth Outreach Resources*, next page.)

4 Shop for Supplies

Shop for snacks and paper goods (see *Materials Needed* on page 8).

- When choosing snacks, look for those that have “unexpected” serving sizes—for example, a small bag of chips that has 2 or more servings per container.



Plan Your Presentation

If possible, a two-part presentation is recommended. This allows parents to take the activities home, do them with their children, and regroup to share learnings with each other.

However, if available time and/or facilities are limited, you could also conduct a very effective training in just one session.

● Option 1: Two-Day Agenda

Day 1: 30 – 45 minutes

- Icebreaker Activity
- About the Nutrition Facts Label
- Introduction of Family Activities

Day 2: 30 – 45 minutes

- Group share of learnings
- Sharing of resources for continuing to Read the Label at home

See pages 8-11 for full two-day plan.

If your circumstances only allow time for one presentation, Days 1 and 2 may be combined by removing the Recap/Group Share step. Here is a recommended approach:

- Conduct the Icebreaker Activity
- Review the key messages about the Nutrition Facts label
- Introduce and distribute Family Activities (pages 12-15)
- Distribute the Read the Label Infographic, one for each participant to take home to their families, and optional [Tips for Parents](#) and [Cool Tips for Kids](#)
- Encourage participants to continue to Read the Label at home
- Thank the participants for their willingness and help in teaching their families about the importance of using the Nutrition Facts label to make healthy food choices

Technology Tips

- If you have access to computer projection equipment, consider projecting the activities for the group.
- You might also wish to set up a computer station and display Read the Label materials.

This manual and all Read the Label materials and activities are available [online](#) in English and Spanish.

Additional Resources from FDA

FDA has additional [Nutrition Facts Label Programs and Materials](#), which you may find useful, including an interactive [Nutrition Facts Label Online](#), two fun [label games](#) for kids in the virtual world of Whyville, [sodium information](#), [Food Facts](#) on various topics, and videos.

Many other downloadable and printable materials are also available in FDA's Center for Food Safety and Applied Nutrition [Education Resource Library](#). Some publications are available to be ordered as print copies, free of charge.



Day 1:

Engage and Start to Read the Label



Time needed:
35 to 45 minutes

Icebreaker Activity

Materials Needed:

- Copies of Family Activity Handouts (pages 12-15), one for each parent or parent/child team.
- Small-to-mid sized bags or boxes of popular snack foods (such as chocolate chip cookies, crackers, nacho chips, popcorn, potato chips, or pretzels), placed on a front table—at least one per participant.
 - Tip: When displaying the snacks on Day 1, turn the Nutrition Facts label on each package away from the audience.
 - When choosing snacks, be sure that the snack packages have 2 or more servings per container. Also, try to find some “unexpected” examples, such as a small bag of chips that contains 2 or 3 servings per container. For example: 150 calories per serving with 3 servings per container equals 450 calories per package.
- Plates/bowls for dispensing the snacks (one per participant).

Introduction:

Ask the participants, “Who checked the serving size on a food item you’ve eaten today? How easy is it to know what a single serving is? Why does it matter?”

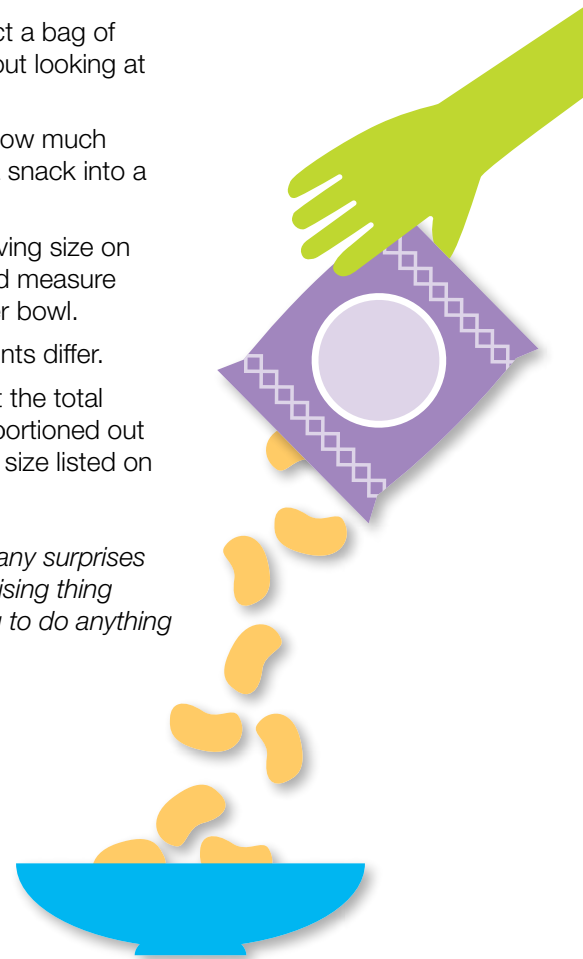
Now, tell the group that they’ll be taking a closer look at serving size!

Read the Label... When Choosing Snacks

Tell the participants, “Snacks are something we all enjoy, but it’s easy to eat more than you intended. In fact, let’s try an experiment ... ”

- 1.** Have each participant select a bag of snacks from the table without looking at the Nutrition Facts label.
- 2.** Ask them to measure out how much they would usually eat for a snack into a bowl or plate.
- 3.** Next, have them check serving size on the Nutrition Facts label and measure out one serving into another bowl.
- 4.** Discuss how the two amounts differ.
- 5.** Have participants figure out the total calories of what he or she portioned out before knowing the serving size listed on the label.

Ask the group: “Did you have any surprises here? What was the most surprising thing that you learned? Are you going to do anything different from now on?”



Review

You'll likely find that the original portions of the snack items the participants measured out are quite different from the portions based on the serving size listed on the label. Assure the group that most people are surprised to see how much a serving of their favorite snack is according to the label. The key is to check the serving size on the Nutrition Facts label before eating the snack.

- It's important to point out that the nutritional information listed on the Nutrition Facts label—such as calories, dietary fiber, and added sugars—are usually based on one serving of the food.
- That's why it's important to pay attention to the serving size and the number of servings you are eating to discover the total number of calories and nutrients you are consuming. For example, if you eat two servings—you are getting double the calories and nutrients.

Reiterate to the group that when you don't know the serving size, it is very easy to consume more calories and nutrients than you intended. Remind parents that the sooner they can impress this important fact upon their children/families, the sooner their kids will become aware of their own dietary intake. Also, keep in mind that packages can—and often do—contain more than one serving. Some containers may also have information displayed per package making it easier to understand how many calories and nutrients you are getting if you eat or drink the entire package at one time.

Family Fun: Introducing the Activities

Tell the participants, “In the snack food exploration we just did, you could see how the Nutrition Facts label gives you need-to-know information about what's inside the package. You and your family can have fun getting to know what's on the label! To make it easy, we've put together Family Take-Home Activities for you and your kids to do together. Next time, we'll talk about your family's experiences with reading the label.”

- Hand out the Family Activities (pages 12-15):
 - Read the Label **When Choosing Snacks** (take-home version of the “Icebreaker” activity)
 - Read the Label **When Packing Lunch**
 - Read the Label **to “Shake Down” Sodium**
 - Read the Label **at the Supermarket**

Review each of the additional activities with the participants.

- Tell the group that these easy activities offer simple, yet engaging ways that they can help their families Read the Label and eat healthier. Encourage parents to take time to do the activities at home with their kids. At the next meeting they can share their family experiences with each other.
- Ask them to make note of any comments or revelations their families discuss as they do the activities together at home.
- When they come back next time, the group will talk about things they learned, things their families learned, and their general experiences with doing the activities at home.

Remind families to bring the activity sheets back next time.



Day 2: Regroup and Share



Time needed:
35 to 45 minutes

Recap Activity

Materials Needed:

- Flip chart/easel and markers
- Copies of [Read the Label Infographic](#) (page 16)
- Optional: Copies of [Read the Label Tips for Parents](#) and [Cool Tips for Kids](#)

Introduction:

Welcome your group back—and tell them you hope they enjoyed their family Read the Label explorations!

Ask them: “How did your family like the activities? What words come to mind when you think back on your family doing the activities?” As conversation starts to flow, write their words on the flip chart. For example, you might hear such words as: “calories ... serving size ... fun ... surprised ... shocked”.

Read the Label... And Share the Results!

- 1.** Divide participants into 4 groups, one for each Take-Home Activity. Make sure that those in the groups actually completed that specific activity; if not, switch teams around as needed.
- 2.** Give each group 2 or 3 sheets of flip-chart paper.
- 3.** Have groups discuss their experiences, learnings, and the feedback their families gave about the activities. What were their family’s most important learnings? How can they keep that healthy eating momentum over time? For example, they might say they learned about how many calories they were eating; they learned their favorite bag of chips is really 3 servings; or they learned that the salty pretzels they bought have X%DV of sodium per serving!
- 4.** Ask them to write these learnings on the paper.
- 5.** Invite one volunteer from each group to recap for the others.
- 6.** Ask the entire group for ideas for taking what they learned and making it part of their daily lives. As a group, make a list of key points that could serve as a future Read the Label action plan. Encourage participants to record these ideas and take them home to put into practice.



Closing

Thank the participants for their willingness and help in teaching their families about the importance of using the Nutrition Facts label to make informed food choices.

Distribute copies of the Read the Label Infographic, one for each participant to take home to their families, and optional Tips for Parents and Cool Tips for Kids.

Remind parents that as tweens continue to Read the Label, they get better and better at comparing and choosing foods based on nutrition facts. For example, they can:

- **Size up servings** to discover how many servings they are really eating or drinking
- **Consider the calories:**
number of servings x calories per serving
- **Choose nutrients wisely.** Remind parents to:
 - Get more of these: dietary fiber, vitamin D, calcium, iron, and potassium
 - Get less of these: saturated fat, *trans* fat, sodium, and added sugars

An Important Note About Nutrition Questions

Read the Label Youth outreach materials were created to help you engage families with easy steps to read and understand the Nutrition Facts label. You are not expected to offer nutritional advice or recommendations.

For specific nutrition or health-related questions, refer participants to:
www.choosemyplate.gov
www.health.gov/dietaryguidelines
www.cdc.gov/nccdphp/dnpao/index.html

Learning about the
Nutrition Facts Label
 has never been
 this fun!



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?

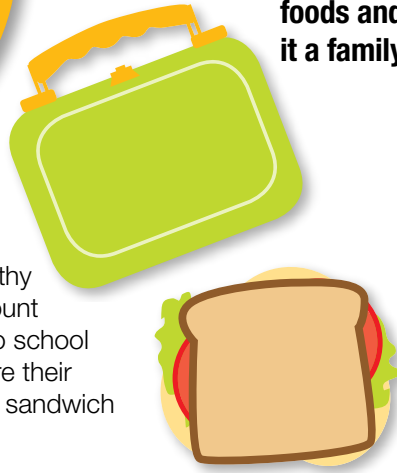


Read the Label When Packing Lunch

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.



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:

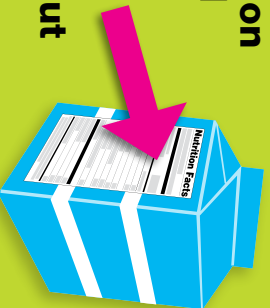
1. What did you like the best about this activity?
2. What did your child say about this activity?
3. What do you think your child learned?



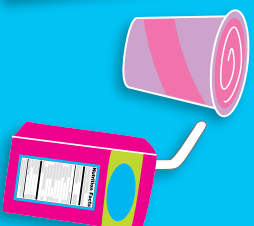
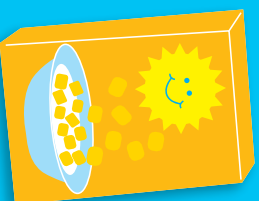
The Nutrition Facts Label

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

Size up Servings

Consider the Calories

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
Read the Label

Nutrition Facts	
4 servings per container	
Serving size 1 1/2 cup (208g)	
Amount per serving	% Daily Value*
Calories	240
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.

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

Choose Nutrients Wisely

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
- Beans and peas
- Whole grains
- Eggs
- Soy products
- Dairy products
- Seafood
- Unsalted nuts and seeds