

Nutrition Facts

Read the Label

Action Plan for KIDS

1.

Check out the serving size.

One package may contain **more than one serving!** Knowing the servings per container lets you discover the total number of calories and nutrients per package.



2.

Consider the calories.

When checking a food's calories, keep in mind that **40 is low** and **400 is high**.

Challenge yourself to keep track of calories you eat and drink throughout the day!



3.

Choose nutrients wisely.

Pick foods that are higher in "nutrients to get more of," and lower in "nutrients to get less of."

Get More: Potassium, fiber, vitamins A & C, iron, and calcium.

Get Less: sodium, *trans* fat, saturated fat, cholesterol, and sugars.



The food label is based on a 2,000 calorie diet — but your calorie needs might be different. Get your own Daily Food Plan at www.choosemyplate.gov!

A...

is for Taking Action.

Show off your nutrition know-how! Teach your friends how to **Read the Label** when choosing snacks at home ... at school ... at the supermarket or at restaurants.

B...

is for Being an Expert Label Reader!

When comparing %DV of nutrients, remember this tip: **5% DV is low; 20% DV is high!**

Trans fat and sugar don't have %DV listed on the label, so use grams per serving to compare the *trans* fat and sugar content in foods. Try to eat as little *trans* fat and sugar as possible!

C...

is for Checking Out the Read the Label web page!

Visit www.fda.gov/nutritioneducation to get Cool Tips for Kids and to learn more about the Nutrition Facts Label!

