

# Key Food Label Information

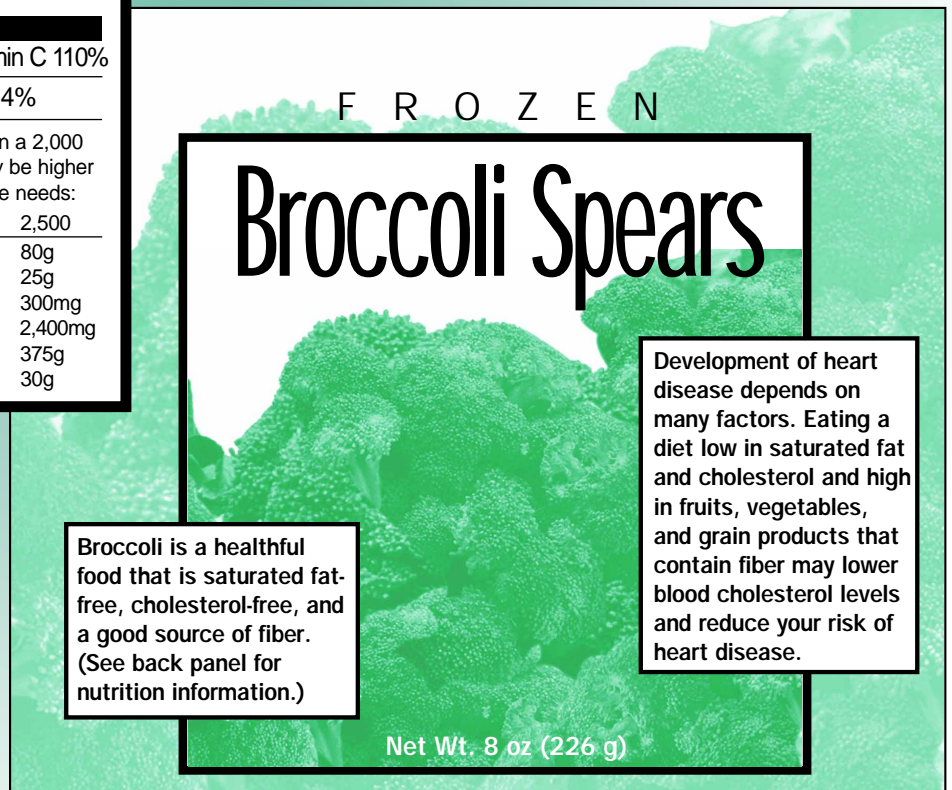
Check the "Nutrition Facts" panel, usually on the side or back of the package. It will give more complete nutrition information about the food.

Nutrition Facts	
Serving Size 3 oz (84g/about 1/2 stalk)	
Servings Per Container about 2.5	
Amount Per Serving	
Calories 30	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 20mg	1%
Total Carbohydrate 5g	2%
Dietary Fiber 3g	11%
Soluble Fiber 1g	
Sugars 0g	
Protein 3g	
Vitamin A 25%	Vitamin C 110%
Calcium 4%	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

Look at the serving size. It is about the same for similar items. So it's easy to compare the nutritional qualities of similar foods.

Look at the column called "%Daily Value". It tells you if a food has large or small amounts of saturated fat, cholesterol, fiber, and other nutrients. Try to select as many foods as possible with a %Daily Value for fat, saturated fat, and cholesterol of 5 or less.

Look for claims (such as those shown at right), usually on the front, describing a food's nutritional content or stating a food or health benefit.



Broccoli is a healthful food that is saturated fat-free, cholesterol-free, and a good source of fiber. (See back panel for nutrition information.)

Development of heart disease depends on many factors. Eating a diet low in saturated fat and cholesterol and high in fruits, vegetables, and grain products that contain fiber may lower blood cholesterol levels and reduce your risk of heart disease.

Net Wt. 8 oz (226 g)