

MAKE YOUR CALORIES COUNT

Use the Nutrition Facts Label for Healthy Weight Management

Size Up Your Serving and Calories

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Nutrition Facts

Serving Size 1 cup (228g)
Servings Per Container 2

Amount Per Serving

Calories 250 Calories from Fat 110

How many *servings* do you expect to eat?

How many *Calories* are in the amount you expect to eat?



When you select or compare foods, see what the label says about serving size and calories.

Ask yourself:

What is the serving size?

How many servings are in the container?

How many calories are in a single serving?

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Show Label



All product nutrition labels identify a serving size - a standardized amount, such as cups or pieces, followed by the metric amount, such as numbers of grams.

For example, suppose you are snacking on a 6 ounce bag of regular, salted potato chips.

How much is one serving?

- A. 1 oz. (1/6 of bag)
- B. 2 oz. (1/3 of bag)
- C. 3 oz. (1/2 of bag)
- D. 4 oz. (2/3 of bag)
- E. 6 oz. (whole bag)

(Check the Nutrition Facts label.)

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Select your answer and then select Submit.

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Serving Size 1oz. (28g/About 20 chips)
Servings Per Container 6

Amount Per Serving

Calories 190 Calories from Fat 90

All product nutrition labels identify a serving size - a standardized amount, such as cups or pieces, followed by the metric amount, such as numbers of grams.

For example, suppose you are snacking on a 6 ounce bag of regular, salted potato chips.

How much is one serving?

- A. 1 oz. (1/6 of bag)
- B. 2 oz. (1/3 of bag)
- C. 3 oz. (1/2 of bag)
- D. 4 oz. (2/3 of bag)
- E. 6 oz. (whole bag)

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Serving Size 1oz. (28g/About 20 chips)
Servings Per Container 6

Amount Per Serving

Calories 190 Calories from Fat 90

Sorry, that's not correct,
please check the Nutrition
Facts label and try again.

Select your answer and then
select Submit.

All product nutrition labels identify a serving size - a standardized amount, such as cups or pieces, followed by the metric amount, such as numbers of grams.

For example, suppose you are snacking on a 6 ounce bag of regular, salted potato chips.

How much is one serving?

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- B. 2 oz. (1/3 of bag)
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- D. 4 oz. (2/3 of bag)
- E. 6 oz. (whole bag)

(Check the Nutrition Facts label.)



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Nutrition Facts

Serving Size 1oz. (28g/About 20 chips)
Servings Per Container 6

Amount Per Serving

Calories 190 Calories from Fat 90

Sorry, that's not correct. The label shows that a single serving of potato chips is one ounce, or just one-sixth of this 6 ounce bag.

All product nutrition labels identify a serving size - a standardized amount, such as cups or pieces, followed by the metric amount, such as numbers of grams.

For example, suppose you are snacking on a 6 ounce bag of regular, salted potato chips.

How much is one serving?

- A. 1 oz. (1/6 of bag)
- B. 2 oz. (1/3 of bag)
- C. 3 oz. (1/2 of bag)
- D. 4 oz. (2/3 of bag)
- E. 6 oz. (whole bag)

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Serving Size 1oz. (28g/About 20 chips)
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Calories 190 Calories from Fat 90

Yes, that's right! The label shows that a single serving of potato chips is one ounce, or just one-sixth of this 6 ounce bag.

All product nutrition labels identify a serving size - a standardized amount, such as cups or pieces, followed by the metric amount, such as numbers of grams.

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- B. 2 oz. (1/3 of bag)
- C. 3 oz. (1/2 of bag)
- D. 4 oz. (2/3 of bag)
- E. 6 oz. (whole bag)



(Check the Nutrition Facts label.)

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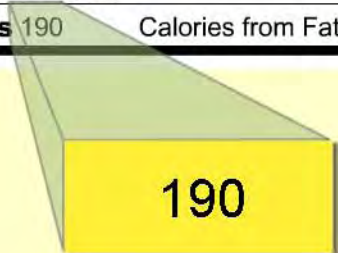
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Nutrition Facts

Serving Size 1oz. (28g/About 20 chips)
Servings Per Container 6

Amount Per Serving

Calories 190 Calories from Fat 90



Many packages hold more than one serving. When you consume multiple servings, it is easy to eat or drink much more than you realize. This can affect your calorie intake (and over time, your weight) in a big way.

Select the lever below and drag it to see what happens to the calories.



- 0 oz.
- 1 serving/1 oz. (1/6 bag)
- 2 servings/2 oz. (1/3 bag)
- 3 servings/3 oz. (1/2 bag)
- 4 servings/4 oz. (2/3 bag)
- 5 servings/5 oz. (5/6 bag)
- 6 servings/6 oz. (whole bag)

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Servings Per Container 6

Amount Per Serving

Calories 190 Calories from Fat 90

1140

Many packages hold more than one serving. When you consume multiple servings, it is easy to eat or drink much more than you realize. This can affect your calorie intake (and over time, your weight) in a big way.

Select the lever below and drag it to see what happens to the calories.



- 0 oz.
- 1 serving/1 oz. (1/6 bag)
- 2 servings/2 oz. (1/3 bag)
- 3 servings/3 oz. (1/2 bag)
- 4 servings/4 oz. (2/3 bag)
- 5 servings/5 oz. (5/6 bag)
- 6 servings/6 oz. (whole bag)

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Here is a 24 fluid ounce bottle of soda.

If you drink one serving of this, how much will you drink?



- 4 fl. oz. (1/6 bottle)
- 8 fl. oz. (1/3 bottle)
- 12 fl. oz. (1/2 bottle)
- 16 fl. oz. (2/3 bottle)
- 18 fl. oz. (3/4 bottle)
- 24 fl. oz. (whole bottle)

(Check the Nutrition Facts label.)

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Nutrition Facts

Serving Size 8 fl oz (240mL)
 Servings Per Container 3

Amount Per Serving

Calories 100 Calories from Fat 0

Here is a 24 fluid ounce bottle of soda.

If you drink one serving of this, how much will you drink?



- 4 fl. oz. (1/6 bottle)
- 8 fl. oz. (1/3 bottle)
- 12 fl. oz. (1/2 bottle)
- 16 fl. oz. (2/3 bottle)
- 18 fl. oz. (3/4 bottle)
- 24 fl. oz. (whole bottle)

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Serving Size 8 fl oz (240mL)
 Servings Per Container 3

Amount Per Serving

Calories 100 Calories from Fat 0

Sorry, that's not correct, please check the
 Nutrition Facts label and try again.

Select your answer and then
 select Submit.

Here is a 24 fluid ounce bottle of soda.

If you drink one serving of this, how much will
 you drink?



- 4 fl. oz. (1/6 bottle)
- 8 fl. oz. (1/3 bottle)
- 12 fl. oz. (1/2 bottle)
- 16 fl. oz. (2/3 bottle)
- 18 fl. oz. (3/4 bottle)
- 24 fl. oz. (whole bottle)

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Nutrition Facts

Serving Size 8 fl oz (240mL)
 Servings Per Container 3

Amount Per Serving

Calories 100 Calories from Fat 0

Sorry, that's not correct. One serving of
 soda is 8 fluid ounces, or 1 cup.

Select **NEXT** to continue.

Here is a 24 fluid ounce bottle of soda.

If you drink one serving of this, how much will
 you drink?



- 4 fl. oz. (1/6 bottle)
- 8 fl. oz. (1/3 bottle)
- 12 fl. oz. (1/2 bottle)
- 16 fl. oz. (2/3 bottle)
- 18 fl. oz. (3/4 bottle)
- 24 fl. oz. (whole bottle)

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Serving Size 8 fl oz (240mL)
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Amount Per Serving

Calories 100 Calories from Fat 0

Absolutely right. One serving of soda is 8 fluid ounces, or 1 cup.

Select **NEXT** to continue.

Here is a 24 fluid ounce bottle of soda.

If you drink one serving of this, how much will you drink?



- 4 fl. oz. (1/6 bottle)
- 8 fl. oz. (1/3 bottle)
- 12 fl. oz. (1/2 bottle)
- 16 fl. oz. (2/3 bottle)
- 18 fl. oz. (3/4 bottle)
- 24 fl. oz. (whole bottle)

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Serving Size 8 fl oz (240mL)
Servings Per Container 3

Amount Per Serving

Calories 100 Calories from Fat 0

100

Here is a 24 fluid ounce bottle of soda. If you drink one serving of this, how much will you drink?

Select the lever below and drag it to see what happens to the calories.



- 0 fl. oz.
- 4 fl. oz. (1/6 bottle)
- 8 fl. oz. (1/3 bottle)
- 12 fl. oz. (1/2 bottle)
- 16 fl. oz. (2/3 bottle)
- 18 fl. oz. (3/4 bottle)
- 24 fl. oz. (whole bottle)

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Serving Size 8 fl oz (240mL)
Servings Per Container 3

Amount Per Serving

Calories 100 Calories from Fat 0

200

Here is a 24 fluid ounce bottle of soda. If you drink one serving of this, how much will you drink?

Select the lever below and drag it to see what happens to the calories.



- 0 fl. oz.
- 4 fl. oz. (1/6 bottle)
- 8 fl. oz. (1/3 bottle)
- 12 fl. oz. (1/2 bottle)
- 16 fl. oz. (2/3 bottle)
- 18 fl. oz. (3/4 bottle)
- 24 fl. oz. (whole bottle)

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Show Label



Show Label



Show Label



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Always check the calories, even for products you think you know. You may be surprised.

For example, which of the four products below do you think is highest in calories per serving?

- A. Blueberry Toaster Pastry
- B. Mixed-berry Cereal Bar
- C. Instant Oatmeal with Apple
- D. Large Oat Bran Muffin

(Check the Nutrition Facts label.)

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Select your answer and then select
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Nutrition Facts

Serving Size 1 Pastry (52g)
Servings Per Container 8

Amount Per Serving

Calories 200 Calories from Fat 45

Hide Label

Select your answer and then select
Submit.

Always check the calories, even for products you think you know. You may be surprised.

For example, which of the four products below do you think is highest in calories per serving?

- A. Blueberry Toaster Pastry
- B. Mixed-berry Cereal Bar
- C. Instant Oatmeal with Apple
- D. Large Oat Bran Muffin

(Check the Nutrition Facts label.)

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Nutrition Facts

Serving Size 1 bar (37g)
Servings Per Container 8

Amount Per Serving

Calories 140 Calories from Fat 25

Hide Label

Select your answer and then select
Submit.

Always check the calories, even for products you think you know. You may be surprised.

For example, which of the four products below do you think is highest in calories per serving?

- A. Blueberry Toaster Pastry
- B. Mixed-berry Cereal Bar
- C. Instant Oatmeal with Apple
- D. Large Oat Bran Muffin

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Always check the calories, even for products you think you know. You may be surprised.

For example, which of the four products below do you think is highest in calories per serving?

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Serving Size 1 packet (35g)
Servings Per Container 10

Amount Per Serving

Calories 130 Calories from Fat 15

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- A. Blueberry Toaster Pastry
- B. Mixed-berry Cereal Bar
- C. Instant Oatmeal with Apple
- D. Large Oat Bran Muffin

(Check the Nutrition Facts label.)

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Select your answer and then select Submit.

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Nutrition Facts

Serving Size 1 muffin (113g)
Servings Per Container 1

Amount Per Serving

Calories 310 Calories from Fat 70

Hide Label

Select your answer and then select Submit.

Always check the calories, even for products you think you know. You may be surprised.

For example, which of the four products below do you think is highest in calories per serving?

- A. Blueberry Toaster Pastry
- B. Mixed-berry Cereal Bar
- C. Instant Oatmeal with Apple
- D. Large Oat Bran Muffin

(Check the Nutrition Facts label.)

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Show Label



Show Label



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- A. Blueberry Toaster Pastry
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- C. Instant Oatmeal with Apple
- D. Large Oat Bran Muffin

(Check the Nutrition Facts label.)

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Select your answer and then select
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200 calories per serving

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140 calories per serving

Show Label



130 calories per serving

Show Label



310 calories per serving

Show Label

Always check the calories, even for products you think you know. You may be surprised.

For example, which of the four products below do you think is highest in calories per serving?

- A. Blueberry Toaster Pastry
- B. Mixed-berry Cereal Bar
- C. Instant Oatmeal with Apple
- D. Large Oat Bran Muffin

(Check the Nutrition Facts label.)

Sorry, that's not correct. The bran muffin is highest in calories per serving. Check the Nutrition Facts labels.

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Always check the calories, even for products you think you know. You may be surprised.

For example, which of the four products below do you think is highest in calories per serving?



Show Label



Show Label



Show Label



Show Label

- A. Blueberry Toaster Pastry
- B. Mixed-berry Cereal Bar
- C. Instant Oatmeal with Apple
- D. Large Oat Bran Muffin

(Check the Nutrition Facts label.)

Good job! The bran muffin is highest in calories per serving. Check the Nutrition Facts labels.

Select **NEXT** to continue.

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Serving Size 1 muffin (113g)
Servings Per Container 1

Amount Per Serving

Calories 310 Calories from Fat 70

Hide Label

Always check the calories, even for products you think you know. You may be surprised.

For example, which of the four products below do you think is highest in calories per serving?

- A. Blueberry Toaster Pastry
- B. Mixed-berry Cereal Bar
- C. Instant Oatmeal with Apple
- D. Large Oat Bran Muffin

(Check the Nutrition Facts label.)

Good job! The bran muffin is highest in calories per serving. Check the Nutrition Facts labels.

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If you eat and drink more calories than you burn, you will gain weight. To achieve or maintain a healthy weight, be mindful of calories when comparing like products.

How many calories are too high or low for a serving? This depends on your calorie goal for the day and how you balance your food choices during the day. In general though, follow this guide to size up calories in a **single serving**:

General Guide to Calories

40 calories = LOW

100 calories = MODERATE

400 calories = HIGH

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If you eat and drink more calories than you burn, you will gain weight. To achieve or maintain a healthy weight, be mindful of calories when

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Healthy weight - is a body weight that is appropriate for your height and benefits your health. One tool to help you determine if you are underweight, at a healthy weight, overweight, or obese is the Body Mass Index or BMI. The BMI is a measure of weight for height for adults over 20 years old. To find out if your weight is in the healthy range, use the [BMI chart](#), which is referenced in the US Dietary Guidelines for Americans.

[Close](#)

or low for a serving?
l for the day and
es during the day.
de to size up

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100 calories = MODERATE

400 calories = HIGH

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Whether you want to lose or gain weight or maintain your current weight, it is important to manage your calorie intake.

Suppose you're considering these chocolate-dipped cheesecake bites as a dessert.

How would you rate the calories for this product?

- A. Low
- B. Moderate
- C. High

(Check the Nutrition Facts label.)

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Select your answer and then select Submit.

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Nutrition Facts

Serving Size 5 pieces (110g)
Servings Per Container 2

Amount Per Serving

Calories 480 Calories from Fat 300

Hide Label

Select your answer and then select Submit.

Whether you want to lose or gain weight or maintain your current weight, it is important to manage your calorie intake.

Suppose you're considering these chocolate-dipped cheesecake bites as a dessert.

How would you rate the calories for this product?

- A. Low
- B. Moderate
- C. High

(Check the Nutrition Facts label.)

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Serving Size 5 pieces (110g)
Servings Per Container 2

Amount Per Serving

Calories 480 Calories from Fat 300

Hide Label

Sorry, that is not correct. Check the Nutrition Facts label and keep in mind the General Guide to Calories (40 is LOW, 100 is MODERATE, 400 is HIGH). Please try again.

Select your answer and then select Submit.

Whether you want to lose or gain weight or maintain your current weight, it is important to manage your calorie intake.

Suppose you're considering these chocolate-dipped cheesecake bites as a dessert.

How would you rate the calories for this product?

- A. Low
- B. Moderate
- C. High

(Check the Nutrition Facts label.)

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Serving Size 5 pieces (110g)
Servings Per Container 2

Amount Per Serving

Calories 480 Calories from Fat 300

That's not correct. Based on the General Guide to Calories (40 is LOW, 100 is MODERATE, 400 is HIGH), this dessert is a high calorie item. Notice too that the serving size is just five pieces!

Select **NEXT** to continue.

Whether you want to lose or gain weight or maintain your current weight, it is important to manage your calorie intake.

Suppose you're considering these chocolate-dipped cheesecake bites as a dessert.

How would you rate the calories for this product?

- A. Low
- B. Moderate
- C. High

(Check the Nutrition Facts label.)

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Servings Per Container 2

Amount Per Serving

Calories 480 Calories from Fat 300

Excellent! Based on the General Guide to Calories (40 is LOW, 100 is MODERATE, 400 is HIGH), this dessert is a high calorie item.

Select **NEXT** to continue.

Whether you want to lose or gain weight or maintain your current weight, it is important to manage your calorie intake.

Suppose you're considering these chocolate-dipped cheesecake bites as a dessert.

How would you rate the calories for this product?

- A. Low
- B. Moderate
- C. High

(Check the Nutrition Facts label.)

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Serving Size 4 cookies (29g)

Servings Per Container 10

Amount Per Serving

Calories 140 Calories from Fat 60

140

Always consider calories in terms of how much you actually expect to eat or drink.

For example, you might want some shortbread cookies as a dessert or snack. One serving is a moderate amount of calories - but select additional servings below to see how quickly the calories climb.



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Serving Size 4 cookies (29g)

Servings Per Container 10

Amount Per Serving

Calories 140 Calories from Fat 60

350

Always consider calories in terms of how much you actually expect to eat or drink.

For example, you might want some shortbread cookies as a dessert or snack. One serving is a moderate amount of calories - but select additional servings below to see how quickly the calories climb.



Select **NEXT** to continue.

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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 %**

Trans Fat 3g

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. Yc

		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

The key is to use the Nutrition Facts label to help balance your calories as you manage your weight. Check the serving size and the number of servings you eat or drink because this is where extra calories may hide. Keep in mind that if you double the servings you consume, you double the calories too.

Here's a healthy tip to remember -- when you consume a food that is high in calories, you can balance it by selecting other lower-calorie foods throughout the day.

Use the **General Guide to Calories** to help you quickly size up calories in a single food item:

40 calories = LOW
100 calories = MODERATE
400 calories = HIGH

Select **NEXT** to explore another topic.

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