



### MAKE YOUR CALORIES COUNT

Use the Nutrition Facts Label for Healthy Weight Management

### Judge If It's Right For You

Apply these nutrition label skills to manage your weight the healthy way. By learning to control calories and nutrients, you will make wise food choices that will benefit your health.

When you compare or select food products, pay attention to:

**the serving size**, number of servings in the container, and how many calories in a single serving.

**the %DVs** - you need to limit some nutrients and get enough of others.

### Nutrition Facts

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

Amount Per Serving	
<b>Calories</b> 250	Calories from Fat 110
	% Daily Value *
<b>Total Fat</b> 12g	<b>18 %</b>
Saturated Fat 3g	<b>15 %</b>
<i>Trans</i> Fat 3g	
<b>Cholesterol</b> 30mg	<b>10 %</b>
<b>Sodium</b> 470mg	<b>20 %</b>
<b>Total Carbohydrate</b> 31g	<b>10 %</b>
Dietary Fiber 0g	<b>0 %</b>
Sugars 5g	
<b>Protein</b> 5g	
Vitamin A	<b>4 %</b>
Vitamin C	<b>2 %</b>
Calcium	<b>20 %</b>
Iron	<b>4 %</b>

### Check Serving Size & Calories

- \* 40 calories is **LOW**
- \* 100 calories is **MODERATE**
- \* 400 calories is **HIGH**

### Always Check the %DVs

- \* 5%DV or less is **LOW**
- \* 20%DV or more is **HIGH**

### Limit These Nutrients

### Get Enough of These Nutrients

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### Judge If It's Right For You

To judge if a food is right for you, ask yourself:

- \* Is this a smart choice based on calories per serving? Are they low, moderate, or high.
- \* Is this a smart choice based on the %DV of nutrients?
  - Are the nutrients you want to limit low?
  - Are the nutrients you want to get enough of high?

Finally, ask - is this food a smart choice for me? The answer may differ based on whether you are trying to gain, lose or maintain your weight; how many calories you need each day based on age, gender and level of physical activity, special health, or dietary concerns.

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### Judge If It's Right For You

When you are in the dairy section of the grocery store and you want to choose a milk product such as skim or chocolate milk, use the Nutrition Facts labels. Compare the serving size, calories per serving, saturated fat and calcium.

*(Check the Nutrition Facts labels.)*

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#### Nutrition Facts

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

**Amount Per Serving**

**Calories** 160      Calories from Fat 25

**% Daily Value \***

**Total Fat** 2.5g      **4 %**

Saturated Fat 1.5g      **8 %**

Trans Fat 0g

**Cholesterol** 5mg      **2 %**

**Sodium** 150mg      **6 %**

**Total Carbohydrate** 26g      **9 %**

Dietary Fiber 1g      **5 %**

Sugars 26g

**Protein** 8g

Vitamin A      **10 %**

Vitamin C      **4 %**

Calcium      **30 %**

Iron      **4 %**

A

#### Nutrition Facts

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

**Amount Per Serving**

**Calories** 80      Calories from Fat 0

**% Daily Value \***

**Total Fat** 0g      **0 %**

Saturated Fat 0g      **0 %**

Trans Fat 0g

**Cholesterol** <5mg      **0 %**

**Sodium** 125mg      **5 %**

**Total Carbohydrate** 12g      **4 %**

Dietary Fiber 0g      **0 %**

Sugars 12g

**Protein** 8g

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Vitamin C      **4 %**

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Iron      **0 %**

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### Judge If It's Right For You

How do the *calories* for 1 serving of each of these compare?

- A. Low fat chocolate milk has less calories.
- B. Fat free milk has less calories.
- C. They have the same calories.

*(Check the Nutrition Facts labels.)*

Submit

A.



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Select your answer and then select Submit.

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Calcium		<b>30 %</b>
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**A**

**B**

Hide Labels

Sorry, that is not correct. Look at the labels again. Fat free milk has 80 calories per serving, while low fat chocolate milk has 160 calories per serving.

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How do the *calories* for 1 serving of each of these compare?

- A. Low fat chocolate milk has less calories.
- B. Fat free milk has less calories.
- C. They have the same calories.

(Check the Nutrition Facts labels.)

Select **NEXT** to continue.

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**B**

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Correct! Fat free milk has 80 calories per serving, while low fat chocolate milk has 160 calories per serving.

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Now, let's look at saturated fat.

How does the %DV of **saturated fat** for 1 serving of each of these compare?

- A. Low fat chocolate milk is lower in saturated fat.
- B. Fat free milk is lower in saturated fat.
- C. They are both low in saturated fat.

*(Check the Nutrition Facts labels.)*

Submit

A.



B.



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Select your answer and then select Submit.

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**A**

**B**

Hide Labels

Sorry, that is not correct. Look at the labels again. Fat free milk is lower in saturated fat with 0%DV when compared to low fat chocolate milk which has 8%DV. Remember, 5%DV or less is LOW.

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**B**

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Now, let's look at calcium.

How does the %DV of **calcium** for 1 serving of each of these compare?

- A. Low fat chocolate milk is higher in calcium.
- B. Fat free milk is higher in calcium.
- C. They are both high in calcium.

*(Check the Nutrition Facts labels.)*

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B.



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Select your answer and then select Submit.

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**A**

**B**

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**Incorrect.** Look at the labels again. Fat free milk and low fat chocolate milk are both high in calcium with 30%DV calcium. (20%DV or more is high.)

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Amount Per Serving		
<b>Calories</b>	160	Calories from Fat 25
		<b>% Daily Value *</b>
<b>Total Fat</b>	2.5g	<b>4 %</b>
Saturated Fat	1.5g	<b>8 %</b>
Trans Fat	0g	
<b>Cholesterol</b>	5mg	<b>2 %</b>
<b>Sodium</b>	150mg	<b>6 %</b>
<b>Total Carbohydrate</b>	26g	<b>9 %</b>
Dietary Fiber	1g	<b>5 %</b>
Sugars	26g	
<b>Protein</b>	8g	
Vitamin A		<b>10 %</b>
Vitamin C		<b>4 %</b>
Calcium		<b>30 %</b>
Iron		<b>4 %</b>

#### Nutrition Facts

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

Amount Per Serving		
<b>Calories</b>	80	Calories from Fat 0
		<b>% Daily Value *</b>
<b>Total Fat</b>	0g	<b>0 %</b>
Saturated Fat	0g	<b>0 %</b>
Trans Fat	0g	
<b>Cholesterol</b>	<5mg	<b>0 %</b>
<b>Sodium</b>	125mg	<b>5 %</b>
<b>Total Carbohydrate</b>	12g	<b>4 %</b>
Dietary Fiber	0g	<b>0 %</b>
Sugars	12g	
<b>Protein</b>	8g	
Vitamin A		<b>10 %</b>
Vitamin C		<b>4 %</b>
Calcium		<b>30 %</b>
Iron		<b>0 %</b>

**A**

**B**

Hide Labels

**Correct! Fat free milk and low fat chocolate milk are both high in calcium with 30%DV calcium. (20%DV or more is high.)**

**BACK**

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### MAKE YOUR CALORIES COUNT

Use the Nutrition Facts Label  
for Healthy Weight  
Management

### Judge If It's Right For You

Now that we've looked at several parts of the label, let's put it all together.

**Which product is the smarter choice when thinking about calories, saturated fat, and calcium in a serving?**

- A. Low fat chocolate milk
- B. Fat free milk

*(Check the Nutrition Facts labels.)*

Submit

Select your answer and then select Submit.

A.



B.



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### MAKE YOUR CALORIES COUNT

#### Judge If It's Right For You

Now that we've looked at several parts of the label, let's put it all together.

**Which product is the smarter choice when thinking about calories, saturated fat, and calcium in a serving?**

- A. Low fat chocolate milk
- B. Fat free milk

*(Check the Nutrition Facts labels.)*

Submit

Select your answer and then select Submit.

#### Nutrition Facts

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

Amount Per Serving	
<b>Calories</b> 160	Calories from Fat 25
% Daily Value *	
<b>Total Fat</b> 2.5g	<b>4 %</b>
Saturated Fat 1.5g	<b>8 %</b>
Trans Fat 0g	
<b>Cholesterol</b> 5mg	<b>2 %</b>
<b>Sodium</b> 150mg	<b>6 %</b>
<b>Total Carbohydrate</b> 26g	<b>9 %</b>
Dietary Fiber 1g	<b>5 %</b>
Sugars 26g	
<b>Protein</b> 8g	
Vitamin A	<b>10 %</b>
Vitamin C	<b>4 %</b>
Calcium	<b>30 %</b>
Iron	<b>4 %</b>

A

#### Nutrition Facts

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

Amount Per Serving	
<b>Calories</b> 80	Calories from Fat 0
% Daily Value *	
<b>Total Fat</b> 0g	<b>0 %</b>
Saturated Fat 0g	<b>0 %</b>
Trans Fat 0g	
<b>Cholesterol</b> <5mg	<b>0 %</b>
<b>Sodium</b> 125mg	<b>5 %</b>
<b>Total Carbohydrate</b> 12g	<b>4 %</b>
Dietary Fiber 0g	<b>0 %</b>
Sugars 12g	
<b>Protein</b> 8g	
Vitamin A	<b>10 %</b>
Vitamin C	<b>4 %</b>
Calcium	<b>30 %</b>
Iron	<b>0 %</b>

B

Hide Labels

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## MAKE YOUR CALORIES COUNT

### Judge If It's Right For You

Now that we've looked at several parts of the label, let's put it all together.

Which product is the smarter choice when thinking about calories, saturated fat, and calcium in a serving?

- A. Low fat chocolate milk
- B. Fat free milk

*(Check the Nutrition Facts labels.)*

Select **NEXT** to continue.

### Nutrition Facts

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

Amount Per Serving		% Daily Value *
<b>Calories</b> 160	Calories from Fat 25	
<b>Total Fat</b> 2.5g		4 %
Saturated Fat 1.5g		8 %
Trans Fat 0g		
<b>Cholesterol</b> 5mg		2 %
<b>Sodium</b> 150mg		6 %
<b>Total Carbohydrate</b> 26g		9 %
Dietary Fiber 1g		5 %
Sugars 26g		
<b>Protein</b> 8g		
Vitamin A		10 %
Vitamin C		4 %
<b>Calcium</b>		<b>30 %</b>
Iron		4 %

### Nutrition Facts

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

Amount Per Serving		% Daily Value *
<b>Calories</b> 80	Calories from Fat 0	
<b>Total Fat</b> 0g		0 %
Saturated Fat 0g		0 %
Trans Fat 0g		
<b>Cholesterol</b> <5mg		0 %
<b>Sodium</b> 125mg		5 %
<b>Total Carbohydrate</b> 12g		4 %
Dietary Fiber 0g		0 %
Sugars 12g		
<b>Protein</b> 8g		
Vitamin A		10 %
Vitamin C		4 %
<b>Calcium</b>		<b>30 %</b>
Iron		0 %

**A**

**B**

Hide Labels

**Incorrect.** Look at the labels again. Both choices are high in calcium, but fat free milk is the smarter choice because it has no saturated fat and fewer calories than the low fat chocolate milk. However, if you decide to drink chocolate milk, balance your other choices throughout the day.

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### MAKE YOUR CALORIES COUNT

#### Judge If It's Right For You

Now that we've looked at several parts of the label, let's put it all together.

Which product is the smarter choice when thinking about calories, saturated fat, and calcium in a serving?

- A. Low fat chocolate milk
- B. Fat free milk

*(Check the Nutrition Facts labels.)*

Select **NEXT** to continue.

#### Nutrition Facts

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

Amount Per Serving		% Daily Value *
<b>Calories</b> 160	Calories from Fat 25	
<b>Total Fat</b> 2.5g <b>4 %</b>		
Saturated Fat 1.5g <b>8 %</b>		
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Sugars 26g		
<b>Protein</b> 8g		
<b>Vitamin A</b> <b>10 %</b>		
<b>Vitamin C</b> <b>4 %</b>		
<b>Calcium</b> <b>30 %</b>		
<b>Iron</b> <b>4 %</b>		

#### Nutrition Facts

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

Amount Per Serving		% Daily Value *
<b>Calories</b> 80	Calories from Fat 0	
<b>Total Fat</b> 0g <b>0 %</b>		
Saturated Fat 0g <b>0 %</b>		
Trans Fat 0g		
<b>Cholesterol</b> <5mg <b>0 %</b>		
<b>Sodium</b> 125mg <b>5 %</b>		
<b>Total Carbohydrate</b> 12g <b>4 %</b>		
Dietary Fiber 0g <b>0 %</b>		
Sugars 12g		
<b>Protein</b> 8g		
<b>Vitamin A</b> <b>10 %</b>		
<b>Vitamin C</b> <b>4 %</b>		
<b>Calcium</b> <b>30 %</b>		
<b>Iron</b> <b>0 %</b>		

**A**

**B**

Hide Labels

Correct! Both choices are high in calcium, but fat free milk is the smarter choice because it has no saturated fat and fewer calories than the low fat chocolate milk. However, if you decide to drink chocolate milk, balance your other choices throughout the day.

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## MAKE YOUR CALORIES COUNT

### Judge If It's Right For You

When you look at the table below, there is a clear smart choice - fat free milk.

	Fat Free Milk	Low Fat Chocolate Milk
<b>Calories</b>	lower	higher
<b>Saturated Fat</b>	lower	higher
<b>Calcium</b>	high	high

(Check the Nutrition Facts labels.)

Need a reminder?  
Review the following guides:

[Quick Guide to %DV](#)

[General Guide to Calories](#)

Select **NEXT** to continue.

### Nutrition Facts

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

Amount Per Serving		% Daily Value *
<b>Calories</b> 160	Calories from Fat 25	
<b>Total Fat</b> 2.5g		4 %
<b>Saturated Fat</b> 1.5g		8 %
<b>Trans Fat</b> 0g		
<b>Cholesterol</b> 5mg		2 %
<b>Sodium</b> 150mg		6 %
<b>Total Carbohydrate</b> 26g		9 %
Dietary Fiber 1g		5 %
Sugars 26g		
<b>Protein</b> 8g		
Vitamin A		10 %
Vitamin C		4 %
<b>Calcium</b>		30 %
Iron		4 %

A

### Nutrition Facts

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

Amount Per Serving		% Daily Value *
<b>Calories</b> 80	Calories from Fat 0	
<b>Total Fat</b> 0g		0 %
<b>Saturated Fat</b> 0g		0 %
<b>Trans Fat</b> 0g		
<b>Cholesterol</b> <5mg		0 %
<b>Sodium</b> 125mg		5 %
<b>Total Carbohydrate</b> 12g		4 %
Dietary Fiber 0g		0 %
Sugars 12g		
<b>Protein</b> 8g		
Vitamin A		10 %
Vitamin C		4 %
<b>Calcium</b>		30 %
Iron		0 %

B

Hide Labels

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## MAKE YOUR CALORIES COUNT

Use the Nutrition Facts Label for Healthy Weight Management

### Judge If It's Right For You

When you look at the table below, there is a clear smart choice - fat free milk.

	Fat Free Milk	Low Fat Chocolate Milk
<b>Calories</b>	lower	higher
<b>Saturated Fat</b>	lower	higher
<b>Calcium</b>	high	high

*(Check the Nutrition Facts labels.)*

Need a reminder?  
Review the following guides:

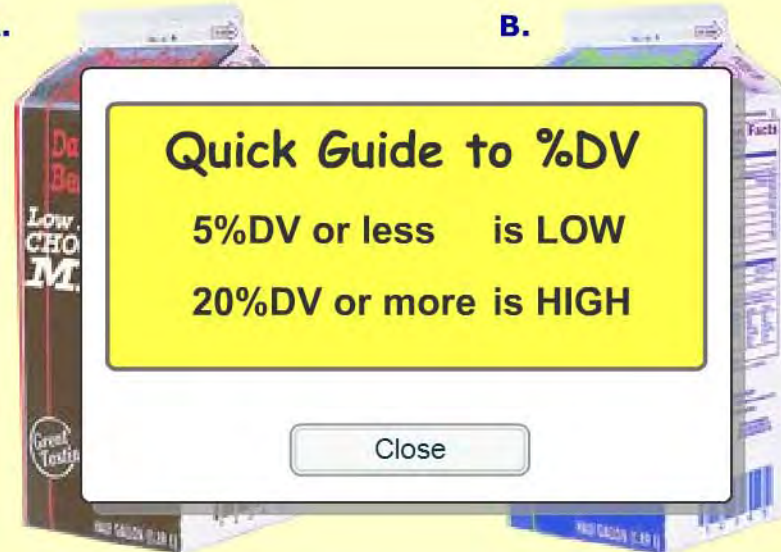
[Quick Guide to %DV](#)

[General Guide to Calories](#)

Select **NEXT** to continue.

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B.



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## MAKE YOUR CALORIES COUNT

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### Judge If It's Right For You

When you look at the table below, there is a clear smart choice - fat free milk.

	Fat Free Milk	Low Fat Chocolate Milk
<b>Calories</b>	lower	higher
<b>Saturated Fat</b>	lower	higher
<b>Calcium</b>	high	high

*(Check the Nutrition Facts labels.)*

Need a reminder?  
Review the following guides:

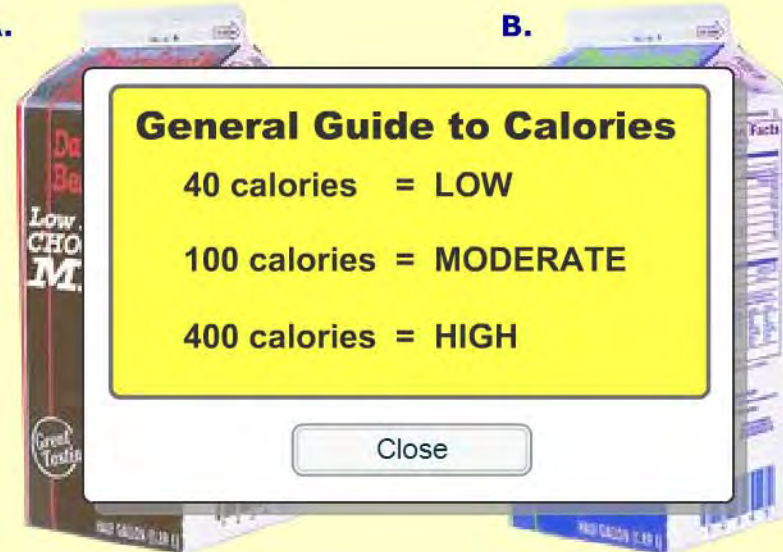
[Quick Guide to %DV](#)

[General Guide to Calories](#)

Select **NEXT** to continue.

A.

B.



### General Guide to Calories

40 calories = LOW

100 calories = MODERATE

400 calories = HIGH

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Suppose you enjoy desserts, but are concerned about your weight. Though many desserts are relatively high in calories and saturated fat, you can still make smart food choices. Here we'll focus on serving size, calories per serving, and saturated fat.

To help you decide which desserts to choose, look at the Nutrition Facts labels.

*(Check the Nutrition Facts labels.)*

Select **NEXT** to continue.

A.



B.



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Suppose you enjoy desserts, but are concerned about your weight. Though many desserts are relatively high in calories and saturated fat, you can still make smart food choices. Here we'll focus on serving size, calories per serving, and saturated fat.

To help you decide which desserts to choose, look at the Nutrition Facts labels.

*(Check the Nutrition Facts labels.)*

Select **NEXT** to continue.

### Nutrition Facts

Serving Size 1/3 cup (113g)  
Servings Per Container 6

#### Amount Per Serving

**Calories** 210      Calories from Fat 35

#### % Daily Value \*

**Total Fat** 3.5g      **5 %**

Saturated Fat 0.5g      **3 %**

Trans Fat 0g

**Cholesterol** 0mg      **0 %**

**Sodium** 200mg      **8 %**

**Total Carbohydrate** 41g      **14 %**

Dietary Fiber 1g      **4 %**

Sugars 23g

**Protein** 2g

Vitamin A      **0 %**

Vitamin C      **4 %**

Calcium      **0 %**

Iron      **2 %**

**A**

Hide Labels

**B**

### Nutrition Facts

Serving Size 1/9 pie (128g)  
Servings Per Container 9

#### Amount Per Serving

**Calories** 420      Calories from Fat 170

#### % Daily Value \*

**Total Fat** 19g      **29 %**

Saturated Fat 12g      **61 %**

Trans Fat 0g

**Cholesterol** 0mg      **0 %**

**Sodium** 210mg      **9 %**

**Total Carbohydrate** 56g      **19 %**

Dietary Fiber 1g      **4 %**

Sugars 46g

**Protein** 7g

Vitamin A      **0 %**

Vitamin C      **2 %**

Calcium      **20 %**

Iron      **4 %**

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### MAKE YOUR CALORIES COUNT

Use the Nutrition Facts Label  
for Healthy Weight  
Management

### Judge If It's Right For You

Think about the serving sizes, calories per serving, and saturated fat.

Which would be the smart choice?

- A. 2/3 cup (2 servings) of Aunt Jane's Apple Crisp
- B. One slice (1/9) of Florida Key Lime Pie

*(Check the Nutrition Facts labels.)*

Submit

A.



B.



Show Labels

Select your answer and then select Submit.

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### MAKE YOUR CALORIES COUNT

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### Judge If It's Right For You

Think about the serving sizes, calories per serving, and saturated fat.

Which would be the smart choice?

- A. 2/3 cup (2 servings) of Aunt Jane's Apple Crisp
- B. One slice (1/9) of Florida Key Lime Pie

*(Check the Nutrition Facts labels.)*

Submit

A.



B.



Show Labels

Select your answer and then select Submit.

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### MAKE YOUR CALORIES COUNT

#### Judge If It's Right For You

Think about the serving sizes, calories per serving, and saturated fat.

Which would be the smart choice?

- A. 2/3 cup (2 servings) of Aunt Jane's Apple Crisp
- B. One slice (1/9) of Florida Key Lime Pie

*(Check the Nutrition Facts labels.)*

Submit

Select your answer and then select Submit.

#### Nutrition Facts

Serving Size 1/3 cup (113g)  
Servings Per Container 6

Amount Per Serving	
<b>Calories</b> 210	Calories from Fat 35
<b>% Daily Value *</b>	
<b>Total Fat</b> 3.5g	<b>5 %</b>
Saturated Fat 0.5g	<b>3 %</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0 %</b>
<b>Sodium</b> 200mg	<b>8 %</b>
<b>Total Carbohydrate</b> 41g	<b>14 %</b>
Dietary Fiber 1g	<b>4 %</b>
Sugars 23g	
<b>Protein</b> 2g	
Vitamin A	<b>0 %</b>
Vitamin C	<b>4 %</b>
Calcium	<b>0 %</b>
Iron	<b>2 %</b>

#### Nutrition Facts

Serving Size 1/9 pie (128g)  
Servings Per Container 9

Amount Per Serving	
<b>Calories</b> 420	Calories from Fat 170
<b>% Daily Value *</b>	
<b>Total Fat</b> 19g	<b>29 %</b>
Saturated Fat 12g	<b>61 %</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0 %</b>
<b>Sodium</b> 210mg	<b>9 %</b>
<b>Total Carbohydrate</b> 56g	<b>19 %</b>
Dietary Fiber 1g	<b>4 %</b>
Sugars 46g	
<b>Protein</b> 7g	
Vitamin A	<b>0 %</b>
Vitamin C	<b>2 %</b>
Calcium	<b>20 %</b>
Iron	<b>4 %</b>

**A**

Hide Labels

**B**

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### MAKE YOUR CALORIES COUNT

#### Judge If It's Right For You

Think about the serving sizes, calories per serving, and saturated fat.

Which would be the smart choice?

- A. 2/3 cup (2 servings) of Aunt Jane's Apple Crisp
- B. One slice (1/9) of Florida Key Lime Pie

*(Check the Nutrition Facts labels.)*

Select **NEXT** to continue.

#### Nutrition Facts

Serving Size 1/3 cup (113g)	
Servings Per Container 6	
<b>Amount Per Serving</b>	
<b>Calories</b> 210	Calories from Fat 35
<b>% Daily Value *</b>	
<b>Total Fat</b> 8.5g	<b>5 %</b>
Saturated Fat 0.5g	<b>3 %</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0 %</b>
<b>Sodium</b> 200mg	<b>8 %</b>
<b>Total Carbohydrate</b> 41g	<b>14 %</b>
Dietary Fiber 1g	<b>4 %</b>
Sugars 23g	
<b>Protein</b> 2g	
Vitamin A	<b>0 %</b>
Vitamin C	<b>4 %</b>
Calcium	<b>0 %</b>
Iron	<b>2 %</b>

#### Nutrition Facts

Serving Size 1/9 pie (128g)	
Servings Per Container 9	
<b>Amount Per Serving</b>	
<b>Calories</b> 420	Calories from Fat 170
<b>% Daily Value *</b>	
<b>Total Fat</b> 15g	<b>29 %</b>
Saturated Fat 12g	<b>61 %</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0 %</b>
<b>Sodium</b> 210mg	<b>9 %</b>
<b>Total Carbohydrate</b> 56g	<b>19 %</b>
Dietary Fiber 1g	<b>4 %</b>
Sugars 46g	
<b>Protein</b> 7g	
Vitamin A	<b>0 %</b>
Vitamin C	<b>2 %</b>
Calcium	<b>20 %</b>
Iron	<b>4 %</b>

**A**

Hide Labels

**B**

**Incorrect.** Apple crisp is the best choice because it is lower in saturated fat. Did you notice you can eat 2 servings of apple crisp for the same number of calories as 1 serving of the pie? If you want to cut calories to manage your weight, eat only one serving of apple crisp (1/3 cup at 210 calories and only 3% DV for saturated fat). Select **NEXT** to continue to look at these examples more closely.

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**NEXT**





### MAKE YOUR CALORIES COUNT

#### Judge If It's Right For You

Think about the serving sizes, calories per serving, and saturated fat.

Which would be the smart choice?

- A. 2/3 cup (2 servings) of Aunt Jane's Apple Crisp
- B. One slice (1/9) of Florida Key Lime Pie

*(Check the Nutrition Facts labels.)*

Select **NEXT** to continue.

#### Nutrition Facts

Serving Size 1/3 cup (113g)	
Servings Per Container 6	
<b>Amount Per Serving</b>	
<b>Calories</b> 210	Calories from Fat 35
<b>% Daily Value *</b>	
<b>Total Fat</b> 3.5g	<b>5 %</b>
Saturated Fat 0.5g	<b>3 %</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0 %</b>
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#### Nutrition Facts

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<b>Total Carbohydrate</b> 56g	<b>19 %</b>
Dietary Fiber 1g	<b>4 %</b>
Sugars 46g	
<b>Protein</b> 7g	
Vitamin A	<b>0 %</b>
Vitamin C	<b>2 %</b>
Calcium	<b>20 %</b>
Iron	<b>4 %</b>

**A**

Hide Labels

**B**

Correct! Apple crisp is the best choice because it is lower in saturated fat. Did you notice you can eat 2 servings of apple crisp for the same number of calories as 1 serving of key lime pie? If you want to cut calories to manage your weight, eat only one serving of apple crisp (1/3 cup at 210 calories and only 3% DV for saturated fat). Select NEXT to continue to look at these examples more closely.

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Use the Nutrition Facts Label  
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Let's look at the Baked Apple Crisp and the Key Lime Pie closely. In the 2/3 cup of apple crisp you would actually be getting 2 servings (one serving is 1/3 cup), and two servings would give you 420 calories. One-ninth of the pie is one serving and that also gives you 420 calories. So you'd be getting the same number of calories.

But if you look at saturated fat, 2/3 cup of apple crisp gives you 6%DV, whereas the one-ninth of pie gives you 61%DV of saturated fat - very high.

*(Check the Nutrition Facts labels.)*

Select **NEXT** to continue.

A.



B.



Show Labels

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### MAKE YOUR CALORIES COUNT

#### Judge If It's Right For You

Let's look at the Baked Apple Crisp and the Key Lime Pie closely. In the 2/3 cup of apple crisp you would actually be getting 2 servings (one serving is 1/3 cup), and two servings would give you 420 calories. One-ninth of the pie is one serving and that also gives you 420 calories. So you'd be getting the same number of calories.

But if you look at saturated fat, 2/3 cup of apple crisp gives you 6%DV, whereas the one-ninth of pie gives you 61%DV of saturated fat - very high.

*(Check the Nutrition Facts labels.)*

Select **NEXT** to continue.

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#### Nutrition Facts

Serving Size 1/3 cup (113g)	
Servings Per Container 6	
<b>Amount Per Serving</b>	
<b>Calories</b> 210	Calories from Fat 35
<b>% Daily Value *</b>	
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Saturated Fat 0.5g	<b>3 %</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0 %</b>
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<b>Protein</b> 2g	
Vitamin A	<b>0 %</b>
Vitamin C	<b>4 %</b>
Calcium	<b>0 %</b>
Iron	<b>2 %</b>

A

#### Nutrition Facts

Serving Size 1/9 pie (128g)	
Servings Per Container 9	
<b>Amount Per Serving</b>	
<b>Calories</b> 420	Calories from Fat 170
<b>% Daily Value *</b>	
<b>Total Fat</b> 15g	<b>29 %</b>
Saturated Fat 12g	<b>61 %</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0 %</b>
<b>Sodium</b> 210mg	<b>9 %</b>
<b>Total Carbohydrate</b> 56g	<b>19 %</b>
Dietary Fiber 1g	<b>4 %</b>
Sugars 46g	
<b>Protein</b> 7g	
Vitamin A	<b>0 %</b>
Vitamin C	<b>2 %</b>
Calcium	<b>20 %</b>
Iron	<b>4 %</b>

B

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## MAKE YOUR CALORIES COUNT

Use the Nutrition Facts Label for Healthy Weight Management

### Judge If It's Right For You

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Remember you need to consider both calories and nutrients in terms of how much you will actually eat.

See what happens if you eat multiple servings.

Select and drag the lever.



Calories: 210

%DV Saturated Fat: 3%



One Serving  
1/3 cup

Two Servings  
2/3 cup

Three Servings  
1 cup

Four Servings  
1 1/3 cup

(Amount Consumed)

Select **NEXT** to continue.

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Remember you need to consider both calories and nutrients in terms of how much you will actually eat.

See what happens if you eat multiple servings.

Select and drag the lever.



Calories: 630

%DV Saturated Fat: 9%



One Serving  
1/3 cup

Two Servings  
2/3 cup

Three Servings  
1 cup

Four Servings  
1 1/3 cup

(Amount Consumed)

Select **NEXT** to continue.

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Packaged one-dish meals can be very convenient, but it's important to know what you're getting - that is, in terms of calories and nutrients.

We're going to look at calories, saturated fat, sodium, calcium and fiber in two products. Compare the food labels to make a smart choice.

*(Check the Nutrition Facts labels.)*

Select **NEXT** to continue.

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### MAKE YOUR CALORIES COUNT

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### Judge If It's Right For You

Packaged one-dish meals can be very convenient, but it's important to know what you're getting - that is, in terms of calories and nutrients.

We're going to look at calories, saturated fat, sodium, calcium and fiber in two products. Compare the food labels to make a smart choice.

(Check the Nutrition Facts labels.)

Select **NEXT** to continue.

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### MAKE YOUR CALORIES COUNT

#### Judge If It's Right For You

Packaged one-dish meals can be very convenient, but it's important to know what you're getting - that is, in terms of calories and nutrients.

We're going to look at calories, saturated fat, sodium, calcium and fiber in two products.

Compare the food labels to make a smart choice.

*(Check the Nutrition Facts labels.)*

Select **NEXT** to continue.

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### Use the Nutrition Facts Label

#### Nutrition Facts

Serving Size 1 package (279g)  
Servings Per Container 1

**Amount Per Serving**

**Calories** 390      **Calories from Fat** 210

**% Daily Value \***

**Total Fat** 24g      **36 %**

Saturated Fat 8g      **38 %**

Trans Fat 0g

**Cholesterol** 80mg      **26 %**

**Sodium** 910mg      **38 %**

**Total Carbohydrate** 24g      **8 %**

Dietary Fiber 3g      **11 %**

Sugars 2g

**Protein** 20g

Vitamin A      **2 %**

Vitamin C      **2 %**

Calcium      **4 %**

Iron      **15 %**

**A**

Hide Labels

**B**

#### Nutrition Facts

Serving Size 1 package (283g)  
Servings Per Container 1

**Amount Per Serving**

**Calories** 210      **Calories from Fat** 60

**% Daily Value \***

**Total Fat** 6g      **9 %**

Saturated Fat 2g      **8 %**

Trans Fat 0g

**Cholesterol** 10mg      **3 %**

**Sodium** 460mg      **19 %**

**Total Carbohydrate** 32g      **11 %**

Dietary Fiber 7g      **29 %**

Sugars 8g

**Protein** 8g

Vitamin A      **45 %**

Vitamin C      **15 %**

Calcium      **10 %**

Iron      **10 %**

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### MAKE YOUR CALORIES COUNT

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### Judge If It's Right For You

If you are watching your calories, which product would you choose?

- A. Country Meatloaf with Gravy and Mashed Potatoes
- B. New Orleans Three-Bean Chili with Rice

*(Check the Nutrition Facts labels.)*

Submit



Show Labels

Select your answer and then select Submit.

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### MAKE YOUR CALORIES COUNT

#### Judge If It's Right For You

Balance is important. While you want to limit some nutrients, you want to make sure to get enough of others.

**Which product would be the smart choice to help you get enough fiber and calcium?**

- A. Country Meatloaf with Gravy and Mashed Potatoes
- B. New Orleans Three-Bean Chili with Rice

*(Check the Nutrition Facts labels.)*

Submit

Select your answer and then select Submit.

### Use the Nutrition Facts Label

#### Nutrition Facts

Serving Size 1 package (279g)  
Servings Per Container 1

Amount Per Serving	
<b>Calories</b> 390	Calories from Fat 210
<b>% Daily Value *</b>	
<b>Total Fat</b> 24g	<b>36 %</b>
Saturated Fat 8g	<b>38 %</b>
Trans Fat 0g	
<b>Cholesterol</b> 80mg	<b>26 %</b>
<b>Sodium</b> 910mg	<b>38 %</b>
<b>Total Carbohydrate</b> 24g	<b>8 %</b>
Dietary Fiber 3g	<b>11 %</b>
Sugars 2g	
<b>Protein</b> 20g	
Vitamin A	<b>2 %</b>
Vitamin C	<b>2 %</b>
Calcium	<b>4 %</b>
Iron	<b>15 %</b>

**A**

Hide Labels

**B**

#### Nutrition Facts

Serving Size 1 package (283g)  
Servings Per Container 1

Amount Per Serving	
<b>Calories</b> 210	Calories from Fat 60
<b>% Daily Value *</b>	
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Saturated Fat 2g	<b>8 %</b>
Trans Fat 0g	
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Dietary Fiber 7g	<b>29 %</b>
Sugars 8g	
<b>Protein</b> 8g	
Vitamin A	<b>45 %</b>
Vitamin C	<b>15 %</b>
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Iron	<b>10 %</b>

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### MAKE YOUR CALORIES COUNT

#### Judge If It's Right For You

If you are watching your calories, which product would you choose?

- A. Country Meatloaf with Gravy and Mashed Potatoes
- B. New Orleans Three-Bean Chili with Rice

*(Check the Nutrition Facts labels.)*

Select **NEXT** to continue.

### Use the Nutrition Facts Label

#### Nutrition Facts

Serving Size 1 package (279g)  
Servings Per Container 1

**Amount Per Serving**

**Calories** 390 Calories from Fat 210

**% Daily Value \***

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Saturated Fat 8g **38 %**

Trans Fat 0g

**Cholesterol** 80mg **26 %**

**Sodium** 910mg **38 %**

**Total Carbohydrate** 24g **8 %**

Dietary Fiber 3g **11 %**

Sugars 2g

**Protein** 20g

Vitamin A **2 %**

Vitamin C **2 %**

Calcium **4 %**

Iron **15 %**

#### Nutrition Facts

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Servings Per Container 1

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**Total Carbohydrate** 32g **11 %**

Dietary Fiber 7g **29 %**

Sugars 8g

**Protein** 8g

Vitamin A **45 %**

Vitamin C **15 %**

Calcium **10 %**

Iron **10 %**

**A**

Hide Labels

**B**

**Incorrect. Look at the labels again. The chili is the smart choice, when limiting calories. The chili is lower in calories - 210, versus 390 calories in the meatloaf.**

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### MAKE YOUR CALORIES COUNT

#### Judge If It's Right For You

If you are watching your calories, which product would you choose?

- A. Country Meatloaf with Gravy and Mashed Potatoes
- B. New Orleans Three-Bean Chili with Rice

*(Check the Nutrition Facts labels.)*

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% Daily Value \*

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Vitamin C **2** %

Calcium **4** %

Iron **15** %

#### Use the Nutrition Facts Label

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Serving Size 1 package (283g)  
Servings Per Container 1

Amount Per Serving

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% Daily Value \*

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**Total Carbohydrate** 32g **11** %

Dietary Fiber 7g **29** %

Sugars 8g

**Protein** 8g

Vitamin A **45** %

Vitamin C **15** %

Calcium **10** %

Iron **10** %

**A**

Hide Labels

**B**

**Correct! The chili is the smart choice, when limiting calories. The chili is lower in calories - 210, versus 390 calories in the meatloaf.**

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### MAKE YOUR CALORIES COUNT

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### Judge If It's Right For You

Let's take a look at two nutrients  
which you should limit.

Which of these products is  
lower in saturated fat and  
sodium?

- A. Country Meatloaf with  
Gravy and Mashed  
Potatoes
- B. New Orleans  
Three-Bean Chili with  
Rice

*(Check the Nutrition Facts labels.)*

Submit



Show Labels

Select your answer and then select Submit.

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#### Judge If It's Right For You

Let's take a look at two nutrients which you should limit.

Which of these products is lower in saturated fat and sodium?

- A. Country Meatloaf with Gravy and Mashed Potatoes
- B. New Orleans Three-Bean Chili with Rice

*(Check the Nutrition Facts labels.)*

Submit

Select your answer and then select Submit.

### Use the Nutrition Facts Label

#### Nutrition Facts

Serving Size 1 package (279g)  
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<b>Calories</b> 390	Calories from Fat 210
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A

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B

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#### Judge If It's Right For You

Let's take a look at two nutrients which you should limit.

Which of these products is lower in saturated fat and sodium?

- A. Country Meatloaf with Gravy and Mashed Potatoes
- B. New Orleans Three-Bean Chili with Rice

(Check the Nutrition Facts labels.)

Select **NEXT** to continue.

### Use the Nutrition Facts Label

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Vitamin C	<b>15 %</b>
Calcium	<b>10 %</b>
Iron	<b>10 %</b>

**A**

Hide Labels

**B**

Incorrect. The chili is the smart choice for limiting saturated fat intake. The chili is lower in saturated fat (9% DV) than the meatloaf (38% DV) and has half the sodium (19% DV vs 38% DV). Remember that 20% DV or more is high. Many processed foods contain more sodium than fresh or unprocessed foods. So when choosing a packaged one-dish meal, be careful about your sodium for the rest of the day.

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### MAKE YOUR CALORIES COUNT

#### Judge If It's Right For You

Let's take a look at two nutrients which you should limit.

Which of these products is lower in saturated fat and sodium?

- A. Country Meatloaf with Gravy and Mashed Potatoes
- B. New Orleans Three-Bean Chili with Rice

(Check the Nutrition Facts labels.)

Select **NEXT** to continue.

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Iron	<b>15 %</b>

#### Nutrition Facts

Serving Size 1 package (283g)  
Servings Per Container 1

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% Daily Value *	
<b>Total Fat</b> 8g	<b>9 %</b>
Saturated Fat 2g	<b>8 %</b>
Trans Fat 0g	
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Sugars 8g	
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Vitamin A	<b>45 %</b>
Vitamin C	<b>15 %</b>
Calcium	<b>10 %</b>
Iron	<b>10 %</b>

**A**

Hide Labels

**B**

Correct! The chili is the smart choice for limiting saturated fat intake. The chili is lower in saturated fat (9% DV) than the meatloaf (38% DV) and has half the sodium (19% DV vs 38% DV). Remember that 20% DV or more is high. Many processed foods contain more sodium than fresh or unprocessed foods. So when choosing a packaged one-dish meal, be careful about your sodium for the rest of the day.

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### MAKE YOUR CALORIES COUNT

Use the Nutrition Facts Label  
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### Judge If It's Right For You

Balance is important. While you want to limit some nutrients, you want to make sure to get enough of others.

**Which product would be the smart choice to help you get enough fiber and calcium?**

- A. Country Meatloaf with Gravy and Mashed Potatoes
- B. New Orleans Three-Bean Chili with Rice

*(Check the Nutrition Facts labels.)*

Submit



Show Labels

Select your answer and then select Submit.

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### MAKE YOUR CALORIES COUNT

#### Judge If It's Right For You

Balance is important. While you want to limit some nutrients, you want to make sure to get enough of others.

Which product would be the smart choice to help you get enough fiber and calcium?

- A. Country Meatloaf with Gravy and Mashed Potatoes
- B. New Orleans Three-Bean Chili with Rice

*(Check the Nutrition Facts labels.)*

Submit

Select your answer and then select Submit.

### Use the Nutrition Facts Label

#### Nutrition Facts

Serving Size 1 package (279g)  
Servings Per Container 1

**Amount Per Serving**

**Calories** 390      **Calories from Fat** 210

**% Daily Value \***

**Total Fat** 24g      **36 %**

Saturated Fat 8g      **38 %**

Trans Fat 0g

**Cholesterol** 80mg      **26 %**

**Sodium** 910mg      **38 %**

**Total Carbohydrate** 24g      **8 %**

Dietary Fiber 3g      **11 %**

Sugars 2g

**Protein** 20g

Vitamin A      **2 %**

Vitamin C      **2 %**

Calcium      **4 %**

Iron      **15 %**

**A**

Hide Labels

**B**

#### Nutrition Facts

Serving Size 1 package (283g)  
Servings Per Container 1

**Amount Per Serving**

**Calories** 210      **Calories from Fat** 60

**% Daily Value \***

**Total Fat** 6g      **9 %**

Saturated Fat 2g      **8 %**

Trans Fat 0g

**Cholesterol** 10mg      **3 %**

**Sodium** 460mg      **19 %**

**Total Carbohydrate** 32g      **11 %**

Dietary Fiber 7g      **29 %**

Sugars 8g

**Protein** 8g

Vitamin A      **45 %**

Vitamin C      **15 %**

Calcium      **10 %**

Iron      **10 %**

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### MAKE YOUR CALORIES COUNT

#### Judge If It's Right For You

Balance is important. While you want to limit some nutrients, you want to make sure to get enough of others.

Which product would be the smart choice to help you get enough fiber and calcium?

- A. Country Meatloaf with Gravy and Mashed Potatoes
- B. New Orleans Three-Bean Chili with Rice

*(Check the Nutrition Facts labels.)*

Select **NEXT** to continue.

### Use the Nutrition Facts Label

#### Nutrition Facts

Serving Size 1 package (279g)  
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Amount Per Serving	
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Vitamin C	<b>15 %</b>
Calcium	<b>10 %</b>
Iron	<b>10 %</b>

**A**

Hide Labels

**B**

**Incorrect.** Look at the labels again. The chili is the smart choice for nutrients you want to get enough of. The chili is higher in fiber (29%DV) than the meatloaf (11%DV). It is also higher in calcium (10%DV vs 4%DV in the meatloaf).

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### MAKE YOUR CALORIES COUNT

#### Judge If It's Right For You

Balance is important. While you want to limit some nutrients, you want to make sure to get enough of others.

Which product would be the smart choice to help you get enough fiber and calcium?

- A. Country Meatloaf with Gravy and Mashed Potatoes
- B. New Orleans Three-Bean Chili with Rice

*(Check the Nutrition Facts labels.)*

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Vitamin A	<b>2 %</b>
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Calcium	<b>4 %</b>
Iron	<b>15 %</b>

**A**

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Trans Fat 0g	
<b>Cholesterol</b> 10mg	<b>3 %</b>
<b>Sodium</b> 460mg	<b>19 %</b>
<b>Total Carbohydrate</b> 22g	<b>11 %</b>
Dietary Fiber 7g	<b>29 %</b>
Sugars 8g	
<b>Protein</b> 8g	
Vitamin A	<b>45 %</b>
Vitamin C	<b>15 %</b>
Calcium	<b>10 %</b>
Iron	<b>10 %</b>

**B**

Hide Labels

**Correct!** The chili is the smart choice for nutrients you want to get enough of. The chili is higher in fiber (29%DV) than the meatloaf (11%DV). It is also higher in calcium (10%DV vs 4%DV in the meatloaf).

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## MAKE YOUR CALORIES COUNT

Use the Nutrition Facts Label for Healthy Weight Management

### Judge If It's Right For You

Let's pull everything together. When you look at the table below, there is a clear answer - the chili is the smart choice. However, when comparing other foods in the grocery store, a wise choice may not be so obvious. You'll have to judge by using the entire Nutrition Facts label, and weigh your other choices for the rest of the day.



	Country Meatloaf	New Orleans Chili
<b>Calories</b>	higher	lower
<b>Saturated Fat</b>	higher	lower
<b>Sodium</b>	higher	lower
<b>Fiber</b>	lower	higher
<b>Calcium</b>	lower	higher

Show Labels

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### MAKE YOUR CALORIES COUNT

#### Judge If It's Right For You

Let's pull everything together. When you look at the table below, there is a clear answer - the chili is the smart choice. However, when comparing other foods in the grocery store, a wise choice may not be so obvious. You'll have to judge by using the entire Nutrition Facts label, and weigh your other choices for the rest of the day.

	Country Meatloaf	New Orleans Chili
<b>Calories</b>	higher	lower
<b>Saturated Fat</b>	higher	lower
<b>Sodium</b>	higher	lower
<b>Fiber</b>	lower	higher
<b>Calcium</b>	lower	higher

#### Nutrition Facts

Serving Size 1 package (279g)  
Servings Per Container 1

##### Amount Per Serving

**Calories** 390 Calories from Fat 210

##### % Daily Value \*

**Total Fat** 24g **36** %

**Saturated Fat** 8g **38** %

*Trans Fat* 0g

**Cholesterol** 80mg **26** %

**Sodium** 910mg **38** %

**Total Carbohydrate** 21g **8** %

**Dietary Fiber** 3g **11** %

**Sugars** 2g

**Protein** 20g

Vitamin A **2** %

Vitamin C **2** %

**Calcium** **4** %

**Iron** **15** %

A

#### Use the Nutrition Facts Label

#### Nutrition Facts

Serving Size 1 package (283g)  
Servings Per Container 1

##### Amount Per Serving

**Calories** 210 Calories from Fat 60

##### % Daily Value \*

**Total Fat** 8g **9** %

**Saturated Fat** 2g **8** %

*Trans Fat* 0g

**Cholesterol** 10mg **3** %

**Sodium** 460mg **19** %

**Total Carbohydrate** 28g **11** %

**Dietary Fiber** 7g **29** %

**Sugars** 8g

**Protein** 8g

Vitamin A **45** %

Vitamin C **15** %

**Calcium** **10** %

**Iron** **10** %

B

Hide Labels

Select **NEXT** to continue.

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## MAKE YOUR CALORIES COUNT

Use the Nutrition Facts Label  
for Healthy Weight  
Management

### Judge If It's Right For You

It doesn't have to be difficult to judge if a food is right for you. It's only three steps:

#### 1. Size up your serving

- \* What is the serving size?
- \* How many servings are you eating? (1/2, 1, 2 or more?)
- \* How many calories are listed in a single serving? (is it high or low in calories)
- \* How many calories are in the amount you actually eat?

#### 2. See what's in it for you:

**Use the Quick Guide to %DV: 5% DV or less is low and 20% DV or more is high.**

- \* Is this a wise food choice in terms of the nutrients you want to get enough of or ones you want to limit?

#### 3. Judge if it's right for you

- \* Is this a wise food choice in terms of calories? (Remember that 400 calories/serving or more is high)
- \* Is it a wise choice in terms of nutrients?
- \* Is this a wise choice for a single food; a snack; a meal?
- \* Should you look for an alternative?

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## MAKE YOUR CALORIES COUNT

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### Judge If It's Right For You

Introduction

The question of whether a food is right for you ultimately depends on many factors.

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Size Up Your  
Serving &  
Calories

These may include whether you are trying to gain, lose, or maintain your weight; how many calories you need each day based on age, gender, and level of physical activity; and any special health or dietary concerns you may have.

2

See What's In  
It For You

3

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A food you like may still be part of a healthy daily diet - if eaten in moderation and balanced by other smart choices throughout the day.

Use the Nutrition Facts label to make those choices easier... **And to make your calories count!**

Congratulations! You have finished the program. The next few pages contain a glossary and web links to nutrition and health information.

Select **NEXT** to explore another topic.

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