



MAKE YOUR CALORIES COUNT

Use the Nutrition Facts Label for Healthy Weight Management

See What's In It For You

Introduction

1

Size Up Your Serving & Calories

2

See What's In It For You

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Judge If It's Right For You

Glossary

Resources

Healthy weight management includes getting the most nutrition from the calories you eat. This means choosing foods that give you enough of the nutrients you need for good health and limiting those that may contribute to health problems.

Select the highlighted items on the right to see how these sections of the Nutrition Facts label can help you make smart food choices.

Select **NEXT** to continue.

Nutrition Facts

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

Amount Per Serving

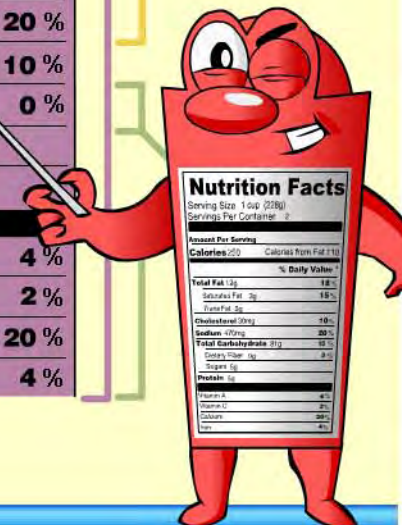
Calories 250 **Calories from Fat** 110

% Daily Value *

Total Fat 12g	18 %
Saturated Fat 3g	15 %
<i>Trans</i> 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 %

Always Check the %DVs

Limit These Nutrients



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See What's In It For You

Healthy weight management includes getting the most nutrition from the calories you eat. This means choosing foods that give you enough of the nutrients you need for good health and limiting those that may contribute to health problems.

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Serving Size 1 cup (228ml)
Servings Per Container

Amount Per Serving

Calories 250

Total Fat 12g

Saturated Fat 3g

Trans Fat 3g

Cholesterol 30mg

Sodium 470mg

Total Carbohydrate 31g

Dietary Fiber 0g

Sugars 5g

Protein 5g

Vitamin A

Vitamin C

Calcium

Iron

Close

The Percent Daily Value (%DV) helps you determine if a serving of food is high or low in a nutrient.

Nutrients

Get Enough of These Nutrients

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Nutrition Facts

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

Amount Per Serving

Calories 250 Calories from Fat 110

Total Fat 12g

Saturated Fat 3g

Trans Fat 3g

Cholesterol 30mg

Sodium 470mg

Total Carbohydrate

Dietary Fiber 0g

Sugars 5g

Protein 5g

Vitamin A

Vitamin C

Calcium

Iron

Always Check / the %DVs

Eating too much of these nutrients may have a negative impact on your health. To help limit your intake, choose foods with a lower %DV.

There is no %DV for trans fat. Keep your intake as low as possible.

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Nutrition Facts

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

Dietary Fiber 0g

Sugars 5g

Protein 5g

Vitamin A

Vitamin C

Calcium

Iron

Always Check the %DVs

Limit These Nutrients

Eating enough of these nutrients may improve your health. To help ensure you get enough, choose foods with a higher %DV.

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See What's In It For You

How can you tell if a food is high or low in a nutrient? The Quick Guide to %DV can help you decide.

Quick Guide to %DV

5%DV or less is LOW

20%DV or more is HIGH

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Serving Size 1 cup (228g)
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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 %**

Always Check the %DVs

Limit These Nutrients

Get Enough of These Nutrients

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See What's In It For You

When you compare or select food products, pay attention to the %DVs - remember you need to limit some nutrients and get enough of others.

Here we will focus on saturated fat, sodium, fiber, and calcium because of their significant impact on your health. You can apply the Quick Guide to %DV to the other nutrients as well.

Select the circled nutrients on the label to see more about them.

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Nutrition Facts

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 %

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

Amount Per Serving

Calories 250 Calories from Fat 120

% Daily Value

Total Fat 12g

Saturated Fat 3g

Trans Fat 3g

Cholesterol 30mg

Sodium 470mg

Total Carbohydrate 31g

Dietary Fiber 0g

Sugars 5g

Protein 5g

Vitamin A 4%

Vitamin C 2%

Calcium 20%

Iron 4%

Saturated Fat:

Eating too much saturated fat (as well as *trans* fat and cholesterol) may increase your LDL (bad) blood cholesterol levels, which may increase your risk of heart disease. Choose foods with a lower %DV for saturated fat.

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of These Nutrients

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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

Sodium 470mg

Total Carbohydrate 31g

Dietary Fiber 0g

Sugars 5g

Protein 5g

Vitamin A

Vitamin C

Calcium **20 %**

Iron **4 %**

Always Check the %DVs

Limit These Nutrients

Sodium:

Sodium is a component of salt - a substance that may increase your risk for high blood pressure. Choose foods with lower %DV for sodium.

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Here we will focus on saturated fat, sodium, fiber, and calcium because of their significant impact on your health. You can apply the Quick Guide to %DV to the other nutrients as well.

Select the circled nutrients on the label to see more about them.

Nutrition Facts

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 **6 %**

Cholesterol 30mg **60 %**

Sodium 470mg **10 %**

Total Carbohydrate 31g

Dietary Fiber 0g **0 %**

Sugars 5g

Protein 5g

Vitamin A

Vitamin C

Calcium

Iron

Always Check the %DVs

Limit These Nutrients

Fiber:

As part of a heart healthy diet, the fiber in foods such as dry beans, whole grain products, fruits, and vegetables promotes regularity and may decrease your risk of heart disease. Choose foods with a higher %DV for fiber.

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Nutrition Facts

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

Total Carbohydrate 31g

Dietary Fiber 0g

Sugars 5g

Protein 5g

Vitamin A

Vitamin C

Calcium

Iron

Always Check the %DVs

Limit These Nutrients

Calcium:

At any age, you need to get enough calcium to maintain healthy bones. Good sources include low-fat and fat-free milk products and calcium-fortified foods and beverages. Choose foods with a higher %DV for calcium.

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Breakfast foods offer a good opportunity to maximize your fiber and calcium while keeping your fat and sodium relatively low.

Which of these cereals is high in *fiber*? Use the label to find out.

- A. Mega Crunch Flakes
- B. Nut & Honey Nuggets

(Check the Nutrition Facts labels.)

Submit

A.



B.



Show Labels

Select your answer and then select Submit.

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Which of these cereals is high in fiber? Use the label to find out.

- A. Mega Crunch Flakes
- B. Nut & Honey Nuggets

(Check the Nutrition Facts labels.)

Submit

Select your answer and then select Submit.

Nutrition Facts

Serving Size 1 cup (53g)
Servings Per Container about 8

Amount Per Serving	
Calories 190	Calories from Fat 25
% Daily Value *	
Total Fat 3g	5 %
Saturated Fat 0g	0 %
Trans Fat 0g	
Cholesterol 0mg	0 %
Sodium 95mg	4 %
Total Carbohydrate 36g	12 %
Dietary Fiber 8g	32 %
Sugars 13g	
Protein 9g	
Vitamin A	0 %
Vitamin C	10 %
Calcium	4 %
Iron	10 %

A

Hide Labels

B

Nutrition Facts

Serving Size 1 cup (55g)
Servings Per Container about 8

Amount Per Serving	
Calories 210	Calories from Fat 25
% Daily Value *	
Total Fat 2.5g	4 %
Saturated Fat 0g	0 %
Trans Fat 0g	
Cholesterol 0mg	0 %
Sodium 280mg	12 %
Total Carbohydrate 46g	15 %
Dietary Fiber 3g	11 %
Sugars 15g	
Protein 4g	
Vitamin A	0 %
Vitamin C	10 %
Calcium	2 %
Iron	25 %

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(Check the Nutrition Facts labels.)

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Nutrition Facts

Serving Size 1 cup (53g)
Servings Per Container about 8

Amount Per Serving	
Calories 190	Calories from Fat 25
% Daily Value *	
Total Fat 3g	5 %
Saturated Fat 0g	0 %
Trans Fat 0g	
Cholesterol 0mg	0 %
Sodium 95mg	4 %
Total Carbohydrate 36g	12 %
Dietary Fiber 8g	32 %
Sugars 15g	
Protein 9g	
Vitamin A	0 %
Vitamin C	10 %
Calcium	4 %
Iron	10 %

Nutrition Facts

Serving Size 1 cup (55g)
Servings Per Container about 8

Amount Per Serving	
Calories 210	Calories from Fat 25
% Daily Value *	
Total Fat 2.5g	4 %
Saturated Fat 0g	0 %
Trans Fat 0g	
Cholesterol 0mg	0 %
Sodium 280mg	12 %
Total Carbohydrate 46g	15 %
Dietary Fiber 3g	11 %
Sugars 15g	
Protein 4g	
Vitamin A	0 %
Vitamin C	10 %
Calcium	2 %
Iron	25 %

A

Hide Labels

B

Check the labels again. While both products contain fiber, the Crunch Flakes are high in fiber at 32%DV - nearly three times the 11%DV in the Nut & Honey Nuggets. (For one serving, 5%DV or less is low and 20%DV or more is high.)

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Breakfast foods offer a good opportunity to maximize your fiber and calcium while keeping your fat and sodium relatively low.

Which of these cereals is high in fiber? Use the label to find out.

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- B. Nut & Honey Nuggets

(Check the Nutrition Facts labels.)

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Nutrition Facts

Serving Size 1 cup (53g)
Servings Per Container about 8

Amount Per Serving	
Calories 190	Calories from Fat 25
% Daily Value *	
Total Fat 3g	5 %
Saturated Fat 0g	0 %
Trans Fat 0g	
Cholesterol 0mg	0 %
Sodium 95mg	4 %
Total Carbohydrate 36g	12 %
Dietary Fiber 8g	32 %
Sugars 15g	
Protein 9g	
Vitamin A	0 %
Vitamin C	10 %
Calcium	4 %
Iron	10 %

Nutrition Facts

Serving Size 1 cup (55g)
Servings Per Container about 8

Amount Per Serving	
Calories 210	Calories from Fat 25
% Daily Value *	
Total Fat 2.5g	4 %
Saturated Fat 0g	0 %
Trans Fat 0g	
Cholesterol 0mg	0 %
Sodium 280mg	12 %
Total Carbohydrate 46g	15 %
Dietary Fiber 3g	11 %
Sugars 15g	
Protein 4g	
Vitamin A	0 %
Vitamin C	10 %
Calcium	2 %
Iron	25 %

A

Hide Labels

B

Very good! While both products contain fiber, the Crunch Flakes are high in fiber at 32%DV - nearly three times the 11%DV in the Nut & Honey Nuggets. (For one serving, 5%DV or less is low and 20%DV or more is high.)

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Use the Nutrition Facts Label for Healthy Weight Management

See What's In It For You

Milk and products that contain milk are good sources of calcium. However, it is important to check the Nutrition Facts label - calcium levels may vary widely even in products that seem similar.

For example, which of these four ounce containers is high in **calcium**?

- A. Strawberries and Cream Pudding
- B. Creamy Strawberry Yogurt

(Check the Nutrition Facts labels.)

Submit

Select your answer and then select Submit.

A.



B.



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For example, which of these four ounce containers is high in **calcium**?

- A. Strawberries and Cream Pudding
- B. Creamy Strawberry Yogurt

(Check the Nutrition Facts labels.)

Submit

Select your answer and then select Submit.

Nutrition Facts

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

Amount Per Serving	
Calories 130	Calories from Fat 25
% Daily Value *	
Total Fat 3g	5 %
Saturated Fat 2g	10 %
Trans Fat 0g	
Cholesterol 5mg	2 %
Sodium 85mg	4 %
Total Carbohydrate 25g	8 %
Dietary Fiber 0g	0 %
Sugars 20g	
Protein 2g	
Vitamin A	4 %
Vitamin C	0 %
Calcium	6 %
Iron	0 %

Nutrition Facts

Serving Size 1 yogurt (74g)
Servings Per Container 1

Amount Per Serving	
Calories 110	Calories from Fat 45
% Daily Value *	
Total Fat 5g	8 %
Saturated Fat 3.5g	18 %
Trans Fat 0g	
Cholesterol 10mg	3 %
Sodium 45mg	2 %
Total Carbohydrate 14g	5 %
Dietary Fiber 0g	0 %
Sugars 14g	
Protein 3g	
Vitamin A	2 %
Vitamin C	0 %
Calcium	20 %
Iron	0 %

A

Hide Labels

B

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See What's In It For You

Milk and products that contain milk are good sources of calcium. However, it is important to check the Nutrition Facts label - calcium levels may vary widely even in products that seem similar.

For example, which of these four ounce containers is high in **calcium**?

- A. Strawberries and Cream Pudding
- B. Creamy Strawberry Yogurt

(Check the Nutrition Facts labels.)

Select **NEXT** to continue.

Nutrition Facts

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

Amount Per Serving	
Calories 130	Calories from Fat 25
% Daily Value *	
Total Fat 3g	5 %
Saturated Fat 2g	10 %
Trans Fat 0g	
Cholesterol 5mg	2 %
Sodium 85mg	4 %
Total Carbohydrate 25g	8 %
Dietary Fiber 0g	0 %
Sugars 20g	
Protein 2g	
Vitamin A	4 %
Vitamin C	0 %
Calcium	6 %
Iron	0 %

Nutrition Facts

Serving Size 1 yogurt (74g)
Servings Per Container 1

Amount Per Serving	
Calories 110	Calories from Fat 45
% Daily Value *	
Total Fat 5g	8 %
Saturated Fat 3.5g	18 %
Trans Fat 0g	
Cholesterol 10mg	3 %
Sodium 45mg	2 %
Total Carbohydrate 14g	5 %
Dietary Fiber 0g	0 %
Sugars 14g	
Protein 3g	
Vitamin A	2 %
Vitamin C	0 %
Calcium	20 %
Iron	0 %

A

Hide Labels

B

Oops... Check the labels. The yogurt is high in calcium at 20%DV; the pudding is lower - 6%DV. (Remember, 20%DV or more is high and 5%DV or less is low.) Products with milk in them aren't always high in calcium; check the %DV to be sure.

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Milk and products that contain milk are good sources of calcium. However, it is important to check the Nutrition Facts label - calcium levels may vary widely even in products that seem similar.

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(Check the Nutrition Facts labels.)

Select **NEXT** to continue.

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% Daily Value *	
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Trans Fat 0g	
Cholesterol 5mg	2 %
Sodium 85mg	4 %
Total Carbohydrate 25g	8 %
Dietary Fiber 0g	0 %
Sugars 20g	
Protein 2g	
Vitamin A	4 %
Vitamin C	0 %
Calcium	6 %
Iron	0 %

Nutrition Facts

Serving Size 1 yogurt (74g)
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Amount Per Serving	
Calories 110	Calories from Fat 45
% Daily Value *	
Total Fat 5g	8 %
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Trans Fat 0g	
Cholesterol 10mg	3 %
Sodium 45mg	2 %
Total Carbohydrate 14g	5 %
Dietary Fiber 0g	0 %
Sugars 14g	
Protein 3g	
Vitamin A	2 %
Vitamin C	0 %
Calcium	20 %
Iron	0 %

A

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B

Yes! The yogurt is high in calcium at 20%DV; the pudding is lower - 6%DV. (Remember, 20%DV or more is high and 5%DV or less is low.) Products with milk in them aren't always high in calcium; check the %DV to be sure.

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Suppose you want a quick lunch that you can heat and eat. You are trying to limit your saturated fat intake.

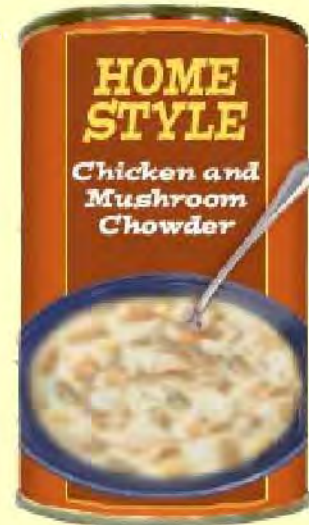
Which of these soups is low in **saturated fat**?

- A. Home Style Chicken and Mushroom Chowder
- B. Grandma's Chicken Noodle Soup

(Check the Nutrition Facts labels.)

Submit

A.



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Select your answer and then select Submit.

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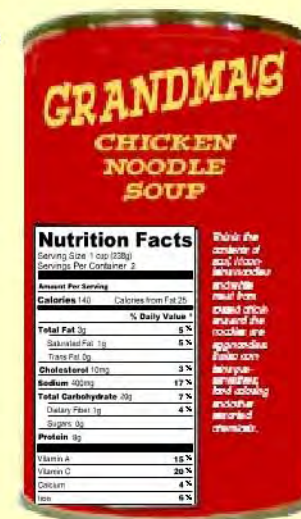
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Which of these soups is low in **saturated fat**?

- A. Home Style Chicken and Mushroom Chowder
- B. Grandma's Chicken Noodle Soup

(Check the Nutrition Facts labels.)

Submit

Select your answer and then select Submit.

Nutrition Facts

Serving Size 1 cup (240g)
Servings Per Container 2

Amount Per Serving	
Calories 210	Calories from Fat 110
% Daily Value *	
Total Fat 12g	18 %
Saturated Fat 4g	20 %
Trans Fat 0g	
Cholesterol 10mg	3 %
Sodium 970mg	40 %
Total Carbohydrate 15g	5 %
Dietary Fiber 3g	12 %
Sugars 1g	
Protein 10g	
Vitamin A	0 %
Vitamin C	8 %
Calcium	2 %
Iron	8 %

Nutrition Facts

Serving Size 1 cup (238g)
Servings Per Container 2

Amount Per Serving	
Calories 140	Calories from Fat 25
% Daily Value *	
Total Fat 3g	5 %
Saturated Fat 1g	5 %
Trans Fat 0g	
Cholesterol 10mg	3 %
Sodium 400mg	17 %
Total Carbohydrate 20g	7 %
Dietary Fiber 1g	4 %
Sugars 0g	
Protein 8g	
Vitamin A	15 %
Vitamin C	20 %
Calcium	4 %
Iron	6 %

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See What's In It For You

Suppose you want a quick lunch that you can heat and eat. You are trying to limit your saturated fat intake.

Which of these soups is low in **saturated fat**?

- A. Home Style Chicken and Mushroom Chowder
- B. Grandma's Chicken Noodle Soup

(Check the Nutrition Facts labels.)

Select **NEXT** to continue.

Nutrition Facts

Serving Size 1 cup (240g)
Servings Per Container 2

Amount Per Serving	
Calories 210	Calories from Fat 110
% Daily Value *	
Total Fat 12g	18 %
Saturated Fat 4g	20 %
Trans Fat 0g	
Cholesterol 10mg	3 %
Sodium 970mg	40 %
Total Carbohydrate 15g	5 %
Dietary Fiber 3g	12 %
Sugars 1g	
Protein 10g	
Vitamin A	0 %
Vitamin C	8 %
Calcium	2 %
Iron	8 %

Nutrition Facts

Serving Size 1 cup (238g)
Servings Per Container 2

Amount Per Serving	
Calories 140	Calories from Fat 25
% Daily Value *	
Total Fat 3g	5 %
Saturated Fat 1g	5 %
Trans Fat 0g	
Cholesterol 10mg	3 %
Sodium 400mg	17 %
Total Carbohydrate 20g	7 %
Dietary Fiber 1g	4 %
Sugars 0g	
Protein 8g	
Vitamin A	15 %
Vitamin C	20 %
Calcium	4 %
Iron	6 %

A

Hide Labels

B

Sorry, check the labels. The Chicken Noodle Soup is low in saturated fat at 5%DV compared to the Chowder at 20%DV. Remember, 5%DV or less is low and 20%DV or more is high. You may also notice that the %DV for sodium in the Chicken Noodle Soup is lower at 17%DV versus 40%DV for the Chowder. This, too, makes it a wiser choice.

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MAKE YOUR CALORIES COUNT

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Sugars 0g	
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Vitamin A	15 %
Vitamin C	20 %
Calcium	4 %
Iron	6 %

A

Hide Labels

B

Yes, that's right. The Chicken Noodle Soup is low in saturated fat at 5%DV compared to the Chowder at 20%DV. Remember, 5%DV or less is low and 20%DV or more is high. You may also notice that the %DV for sodium in the Chicken Noodle Soup is lower at 17%DV versus 40%DV for the Chowder. This, too, makes it a wiser choice.

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MAKE YOUR CALORIES COUNT

Use the Nutrition Facts Label
for Healthy Weight
Management

See What's In It For You

Snacks such as whole fruits, raw vegetables, or a small handful of unsalted nuts can contribute to a healthy diet. If a snack food you like is short on nutrients you need for good health, try to keep calories low and limit nutrients that may contribute to health problems.

For example, suppose you want some pretzels. **Which product is low in sodium?**

- A. Hearty Pretzels
- B. Pretzel Thins

(Check the Nutrition Facts labels.)

Submit

Select your answer and then select Submit.

A.



B.



Show Labels

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(Check the Nutrition Facts labels.)

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A.



B.



Show Labels

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MAKE YOUR CALORIES COUNT

See What's In It For You

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For example, suppose you want some pretzels. **Which product is low in sodium?**

- A. Hearty Pretzels
- B. Pretzel Thins

(Check the Nutrition Facts labels.)

Submit

Select your answer and then select Submit.

Nutrition Facts

Serving Size 3 pretzels (30g)
Servings Per Container 13

Amount Per Serving	
Calories 120	Calories from Fat 10
% Daily Value *	
Total Fat 1g	2 %
Saturated Fat 0g	0 %
Trans Fat 0g	
Cholesterol 0mg	0 %
Sodium 120mg	5 %
Total Carbohydrate 24g	8 %
Dietary Fiber 1g	4 %
Sugars 1g	
Protein 3g	
Vitamin A	0 %
Vitamin C	0 %
Calcium	0 %
Iron	0 %

Nutrition Facts

Serving Size 1 oz (28g /About 17 pretzels)
Servings Per Container 15

Amount Per Serving	
Calories 110	Calories from Fat 10
% Daily Value *	
Total Fat 1g	2 %
Saturated Fat 0g	0 %
Trans Fat 0g	
Cholesterol 0mg	0 %
Sodium 560mg	23 %
Total Carbohydrate 23g	8 %
Dietary Fiber 1g	3 %
Sugars 1g	
Protein 2g	
Vitamin A	0 %
Vitamin C	0 %
Calcium	0 %
Iron	1 %

A

Hide Labels

B

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MAKE YOUR CALORIES COUNT

See What's In It For You

Snacks such as whole fruits, raw vegetables, or a small handful of unsalted nuts can contribute to a healthy diet. If a snack food you like is short on nutrients you need for good health, try to keep calories low and limit nutrients that may contribute to health problems.

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(Check the Nutrition Facts labels.)

Select **NEXT** to continue.

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Saturated Fat 0g	0 %
Trans Fat 0g	
Cholesterol 0mg	0 %
Sodium 120mg	5 %
Total Carbonyrate 24g	8 %
Dietary Fiber 1g	4 %
Sugars 1g	
Protein 3g	
Vitamin A	0 %
Vitamin C	0 %
Calcium	0 %
Iron	0 %

Nutrition Facts

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Cholesterol 0mg	0 %
Sodium 560mg	23 %
Total Carbonyrate 25g	8 %
Dietary Fiber 1g	3 %
Sugars 1g	
Protein 2g	
Vitamin A	0 %
Vitamin C	0 %
Calcium	0 %
Iron	1 %

A

Hide Labels

B

Sorry, check the labels. The Hearty Pretzels are low in sodium at 5%DV, whereas the Pretzel Thins are high in sodium at 23%DV. Pretzels may be lower in calories and saturated fat than some other snack choices, but always check the %DVs for sodium. Remember, 5%DV or less is low and 20%DV or more is high.

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MAKE YOUR CALORIES COUNT

See What's In It For You

Snacks such as whole fruits, raw vegetables, or a small handful of unsalted nuts can contribute to a healthy diet. If a snack food you like is short on nutrients you need for good health, try to keep calories low and limit nutrients that may contribute to health problems.

For example, suppose you want some pretzels. **Which product is low in sodium?**

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(Check the Nutrition Facts labels.)

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Vitamin C	0 %
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Iron	1 %

A

Hide Labels

B

Yes! The Hearty Pretzels are low in sodium at 5%DV, whereas the Pretzel Thins are high in sodium at 23%DV. Pretzels may be lower in calories and saturated fat than some other snack choices, but always check the %DVs for sodium. Remember, 5%DV or less is low and 20%DV or more is high.

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MAKE YOUR CALORIES COUNT

Use the Nutrition Facts Label for Healthy Weight Management

See What's In It For You

Now you can see what's in it for you – it's more than just calories, it's also the nutrients that count.

By using the Quick Guide to %DV, you can make smart food choices and get enough of the nutrients you need for good health and limit those that may contribute to health problems.

Quick Guide to %DV

5%DV or less is LOW

20%DV or more is HIGH

Now let's put it all together – select NEXT.

Select **NEXT** to explore another topic.

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Nutrition Facts

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 %**

Always Check the %DVs

Limit These Nutrients

Get Enough of These Nutrients

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