

DIETERS LABEL CHECKLIST

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

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

Nutrition Facts

Serving Size 11 crackers (31g)
Servings Per Container About 6

Amount Per Serving

Calories 100 Calories from Fat 0

% Daily Value*

Total Fat 0g 0%

 Saturated Fat 0g 0%

Cholesterol 0mg 0%

Sodium 180mg 8%

Total Carbohydrate 20g 7%

 Dietary Fiber 4g 16%

 Sugars 4g

Protein 4g

Vitamin A 10% • Vitamin C 0%

Calcium 0% • Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Look at the column called "%Daily Value." It tells you if a food is high or low in fat, fiber, and other nutrients of interest to dieters. Try to select as many "low-fat" foods (that is, 5 percent or less of the Daily Value for fat) as possible.

Look for claims like "fat-free," "low-fat" and "high-fiber," usually on the front of the package. If present, the claims will signal that the food contains desirable levels of fat and fiber—two nutrients of concern to dieters.

