



# READ IT *before you EAT IT!*

How many servings are you eating?



## 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 0g

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. 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

What food would have this Nutrition Facts label? Answer below.\*

Get What You Need!

Get LESS

5% or less is low

20% or more is high

Get ENOUGH

5% or less is low

20% or more is high



# What's the Best Choice for You?

Use the Nutrition Facts Label to Make Choices

Main Muffin	
Nutrition Facts	
Serving Size 1 muffin (100g)	
Servings Per Container 12	
Amount Per Serving	
Calories 150	
% Daily Value*	
Total Fat	4.5g 9%
Saturated Fat	1g 2%
Cholesterol	10mg 2%
Sodium	100mg 2%
Total Carbohydrate	25g 8%
Dietary Fiber	1g 2%
Sugars	5g 10%
Protein	3g 6%
*Percent Daily Values are based on a diet of other people's misdeeds.	

Glazed Doughnut	
Nutrition Facts	
Serving Size 1 doughnut (100g)	
Servings Per Container 12	
Amount Per Serving	
Calories 200	
% Daily Value*	
Total Fat	10g 20%
Saturated Fat	5g 10%
Cholesterol	10mg 2%
Sodium	100mg 2%
Total Carbohydrate	30g 10%
Dietary Fiber	1g 2%
Sugars	15g 30%
Protein	2g 4%
*Percent Daily Values are based on a diet of other people's misdeeds.	

Honey Oatmeal Crackers	
Nutrition Facts	
Serving Size 1 cracker (10g)	
Servings Per Container 12	
Amount Per Serving	
Calories 100	
% Daily Value*	
Total Fat	1g 2%
Saturated Fat	0.5g 1%
Cholesterol	0mg 0%
Sodium	100mg 2%
Total Carbohydrate	15g 5%
Dietary Fiber	1g 2%
Sugars	5g 10%
Protein	2g 4%
*Percent Daily Values are based on a diet of other people's misdeeds.	

Vegetarian Chili	
Nutrition Facts	
Serving Size 1 cup (100g)	
Servings Per Container 12	
Amount Per Serving	
Calories 150	
% Daily Value*	
Total Fat	5g 10%
Saturated Fat	1g 2%
Cholesterol	0mg 0%
Sodium	100mg 2%
Total Carbohydrate	25g 8%
Dietary Fiber	5g 10%
Sugars	5g 10%
Protein	10g 20%
*Percent Daily Values are based on a diet of other people's misdeeds.	

Pepperoni Pizza	
Nutrition Facts	
Serving Size 1 slice (100g)	
Servings Per Container 12	
Amount Per Serving	
Calories 250	
% Daily Value*	
Total Fat	12g 24%
Saturated Fat	6g 12%
Cholesterol	30mg 6%
Sodium	470mg 9%
Total Carbohydrate	31g 10%
Dietary Fiber	0g 0%
Sugars	5g 10%
Protein	5g 10%
*Percent Daily Values are based on a diet of other people's misdeeds.	

Pork Loin Chop, Broiled	
Nutrition Facts	
Serving Size 1 chop (100g)	
Servings Per Container 12	
Amount Per Serving	
Calories 250	
% Daily Value*	
Total Fat	12g 24%
Saturated Fat	6g 12%
Cholesterol	30mg 6%
Sodium	470mg 9%
Total Carbohydrate	31g 10%
Dietary Fiber	0g 0%
Sugars	5g 10%
Protein	5g 10%
*Percent Daily Values are based on a diet of other people's misdeeds.	

Lentil Soup, 1/2	
Nutrition Facts	
Serving Size 1/2 cup (100g)	
Servings Per Container 12	
Amount Per Serving	
Calories 150	
% Daily Value*	
Total Fat	4.5g 9%
Saturated Fat	1g 2%
Cholesterol	10mg 2%
Sodium	100mg 2%
Total Carbohydrate	25g 8%
Dietary Fiber	1g 2%
Sugars	5g 10%
Protein	3g 6%
*Percent Daily Values are based on a diet of other people's misdeeds.	

Orange Soda	
Nutrition Facts	
Serving Size 1 can (355ml)	
Servings Per Container 1	
Amount Per Serving	
Calories 150	
% Daily Value*	
Total Fat	0g 0%
Saturated Fat	0g 0%
Cholesterol	0mg 0%
Sodium	100mg 2%
Total Carbohydrate	35g 12%
Dietary Fiber	0g 0%
Sugars	35g 70%
Protein	0g 0%
*Percent Daily Values are based on a diet of other people's misdeeds.	

Orange Juice, 1/2	
Nutrition Facts	
Serving Size 1/2 cup (100g)	
Servings Per Container 12	
Amount Per Serving	
Calories 100	
% Daily Value*	
Total Fat	0g 0%
Saturated Fat	0g 0%
Cholesterol	0mg 0%
Sodium	0mg 0%
Total Carbohydrate	25g 8%
Dietary Fiber	0g 0%
Sugars	25g 50%
Protein	0g 0%
*Percent Daily Values are based on a diet of other people's misdeeds.	

\*Answers: Box of macaroni and cheese.

How do your choices stack up? This combination of foods and amounts meets the MyPyramid food group recommendations for about 2,000 calories a day. The photos show approximate serving sizes from the five major food groups of the MyPyramid. This combination of food choices shows the servings from the Pyramid for an older child, or teen girl, for one day. Teen boys may need more servings of foods.

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