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

***Answer:**
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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