

The Right Choice... for a Healthier You!™

March 2008

March is National Nutrition Month 2008 Celebrates Nutrition: It's a Matter of Fact

You can help yourself, and your family, eat better and balance your energy by learning to choose lower calorie and lower fat alternatives to some of your favorite foods. Use the Nutrition Facts label to make smarter food choices.

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%
Potassium 700mg		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 diet of other people's misdeeds. 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

Start Here →

Check Calories

Limit these Nutrients

Get Enough of these Nutrients

Footnote

Quick Guide to % DV

• 5% or less is Low

• 20% or more is High

Using the label as a guide, try these tips:

Keep these low – saturated fats, trans fats, cholesterol and sodium

Get enough of these – potassium, fiber, vitamins A and C, calcium and iron

Use the % Daily Value (DV) column when possible. 5% DV or less is low, 20% DV or more is high

Vending and Food Service provide many smarter food choices! Just get the FACTS!



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