



**Saturated Fat**

**Nutrition Facts**

**Calories**

**Sodium**

**Fiber**

**Calcium**

**SODA**

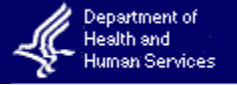
**Nut & Honey Nuggets**

**Dairyland's Best Low Fat CHOCOLATE MILK**

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# U.S. Food and Drug Administration



CENTER FOR FOOD SAFETY AND APPLIED NUTRITION

CFSAN/Office of Nutritional Products, Labeling, and Dietary Supplements  
November 2006



*Serving Size*

*Low*

*High*

*Get enough?*

*Limit?*

*Healthy*



Skip Intro



**Eating smart --  
maintaining a healthy weight --  
sounds great, doesn't it?**

Skip Intro



**But there are so many choices...**

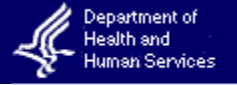
**How do you know what to do?**

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# U.S. Food and Drug Administration



CENTER FOR FOOD SAFETY AND APPLIED NUTRITION

CFSAN/Office of Nutritional Products, Labeling, and Dietary Supplements  
November 2006

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

Amount Per Serving	
<b>Calories</b> 250	Calories from Fat 110
% Daily Value *	
<b>Total Fat</b> 12g	<b>18%</b>
Saturated Fat 3g	<b>15%</b>
Trans Fat 3g	
<b>Cholesterol</b> 30mg	<b>10%</b>
<b>Sodium</b> 470mg	<b>20%</b>
<b>Total Carbohydrate</b> 81g	<b>10%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 5g	
<b>Protein</b> 5g	
Vitamin A	<b>4%</b>
Vitamin C	<b>2%</b>
Calcium	<b>20%</b>
Iron	<b>4%</b>

[Skip Intro](#)



Introducing...

# Make Your Calories Count

Use the **Nutrition Facts** Label  
for Healthy Weight  
Management

Skip Intro



## MAKE YOUR CALORIES COUNT

Use the Nutrition Facts Label for Healthy Weight Management

### Make Your Calories Count

#### Use the Nutrition Facts Label for Healthy Weight Management

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Healthy weight management requires a balance between a healthy diet and physical activity.

Most of us want simpler ways to maintain a healthy weight and get the most nutrition out of what we eat. There are no magic answers... But there is one powerful tool we often overlook - the Nutrition Facts label on packaged foods.

**Make Your Calories Count** can help you quickly make smart food choices.

We'll show you how.

Select **NEXT** to continue.

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## MAKE YOUR CALORIES COUNT

Use the Nutrition Facts Label for Healthy Weight Management

### Make Your Calories Count

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Healthy weight management requires a balance between...

More...  
we...  
The...  
pov...  
lab...

A healthy diet emphasizes a variety of fruits, vegetables, whole grains, and fat-free and low-fat milk products; lean meats, poultry, fish, beans, eggs, and nuts; and is low in saturated and *trans* fats, cholesterol, sodium, and added sugars; and stays within your daily calorie needs.

Ma...  
sm...

We'll show you how.

[Close](#)

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## MAKE YOUR CALORIES COUNT

Use the Nutrition Facts Label for Healthy Weight Management

### Three Simple Steps

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It's not hard... Just a few simple steps.

By focusing on serving size, calories, and four key nutrients, you can use the Nutrition Facts label to make better decisions about what to eat.

Ready? Select **1 - Size Up Your Serving and Calories** to begin... Or select any step to see more about it.

We suggest you explore all three steps in order.

Select **NEXT** to continue.

### Nutrition Facts

Serving Size 1 cup (228g)

1 **Size Up Your Serving and Calories**

**Total Fat** 12g **18 %**  
Satur  
Trans  
**Choles**  
**Sodium**  
**Total Carbohydrate** 51g **10 %**  
Dietary Fiber 0g **10 %**  
Sugars 5g

2 **See What's In It For You**

3 **Judge If It's Right For You**

Calcium			<b>20 %</b>
Iron			<b>4 %</b>
* 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

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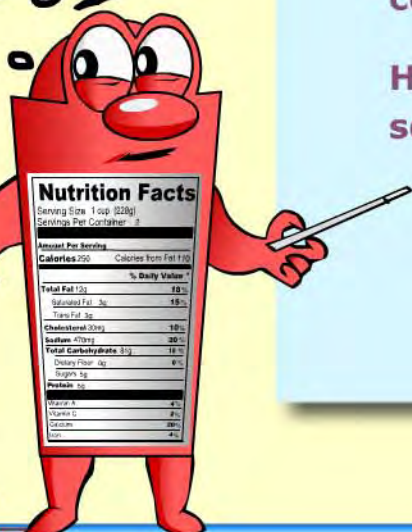
Serving Size 1 cup (228g)  
Servings Per Container 2

**Amount Per Serving**

**Calories** 250      Calories from Fat 110

How many *servings* do you expect to eat?

How many *Calories* are in the amount you expect to eat?



When you select or compare foods, see what the label says about serving size and calories.

**Ask yourself:**

What is the serving size?

How many servings are in the container?

How many calories are in a single serving?

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Show Label



All product nutrition labels identify a serving size - a standardized amount, such as cups or pieces, followed by the metric amount, such as numbers of grams.

For example, suppose you are snacking on a 6 ounce bag of regular, salted potato chips.

#### How much is one serving?

- A. 1 oz. (1/6 of bag)
- B. 2 oz. (1/3 of bag)
- C. 3 oz. (1/2 of bag)
- D. 4 oz. (2/3 of bag)
- E. 6 oz. (whole bag)

(Check the Nutrition Facts label.)

Submit

Select your answer and then  
select Submit.

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### MAKE YOUR CALORIES COUNT

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## Size Up Your Serving and Calories

### Serving Size

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## Nutrition Facts

Serving Size 1oz. (28g/About 20 chips)  
Servings Per Container 6

### Amount Per Serving

**Calories** 190      Calories from Fat 90

All product nutrition labels identify a serving size - a standardized amount, such as cups or pieces, followed by the metric amount, such as numbers of grams.

For example, suppose you are snacking on a 6 ounce bag of regular, salted potato chips.

### How much is one serving?

- A. 1 oz. (1/6 of bag)
- B. 2 oz. (1/3 of bag)
- C. 3 oz. (1/2 of bag)
- D. 4 oz. (2/3 of bag)
- E. 6 oz. (whole bag)

(Check the Nutrition Facts label.)



Submit

Select your answer and then select Submit.

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### Size Up Your Serving and Calories

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### Nutrition Facts

Serving Size 1oz. (28g/About 20 chips)  
Servings Per Container 6

#### Amount Per Serving

**Calories** 190      Calories from Fat 90

Sorry, that's not correct,  
please check the Nutrition  
Facts label and try again.

Select your answer and then  
select Submit.

All product nutrition labels identify a serving size - a standardized amount, such as cups or pieces, followed by the metric amount, such as numbers of grams.

For example, suppose you are snacking on a 6 ounce bag of regular, salted potato chips.

#### How much is one serving?

- A. 1 oz. (1/6 of bag)
- B. 2 oz. (1/3 of bag)
- C. 3 oz. (1/2 of bag)
- D. 4 oz. (2/3 of bag)
- E. 6 oz. (whole bag)

(Check the Nutrition Facts label.)



Submit

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### Size Up Your Serving and Calories

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### Nutrition Facts

Serving Size 1oz. (28g/About 20 chips)  
Servings Per Container 6

#### Amount Per Serving

**Calories** 190      Calories from Fat 90

Sorry, that's not correct. The label shows that a single serving of potato chips is one ounce, or just one-sixth of this 6 ounce bag.

All product nutrition labels identify a serving size - a standardized amount, such as cups or pieces, followed by the metric amount, such as numbers of grams.

For example, suppose you are snacking on a 6 ounce bag of regular, salted potato chips.

#### How much is one serving?

- A. 1 oz. (1/6 of bag)
- B. 2 oz. (1/3 of bag)
- C. 3 oz. (1/2 of bag)
- D. 4 oz. (2/3 of bag)
- E. 6 oz. (whole bag)

(Check the Nutrition Facts label.)



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#### Nutrition Facts

Serving Size 1oz. (28g/About 20 chips)  
Servings Per Container 6

#### Amount Per Serving

**Calories** 190      Calories from Fat 90

Yes, that's right! The label shows that a single serving of potato chips is one ounce, or just one-sixth of this 6 ounce bag.

All product nutrition labels identify a serving size - a standardized amount, such as cups or pieces, followed by the metric amount, such as numbers of grams.

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- C. 3 oz. (1/2 of bag)
- D. 4 oz. (2/3 of bag)
- E. 6 oz. (whole bag)



(Check the Nutrition Facts label.)

Select **NEXT** to continue.

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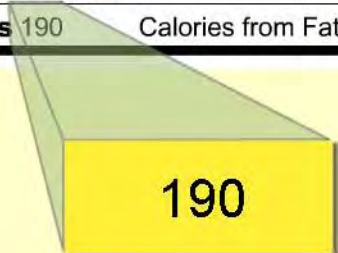
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## Nutrition Facts

Serving Size 1oz. (28g/About 20 chips)  
Servings Per Container 6

### Amount Per Serving

**Calories** 190      Calories from Fat 90



Many packages hold more than one serving. When you consume multiple servings, it is easy to eat or drink much more than you realize. This can affect your calorie intake (and over time, your weight) in a big way.

Select the lever below and drag it to see what happens to the calories.



- 0 oz.
- 1 serving/1 oz. (1/6 bag)
- 2 servings/2 oz. (1/3 bag)
- 3 servings/3 oz. (1/2 bag)
- 4 servings/4 oz. (2/3 bag)
- 5 servings/5 oz. (5/6 bag)
- 6 servings/6 oz. (whole bag)

Select **NEXT** to continue.

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### Nutrition Facts

Serving Size 1oz. (28g/About 20 chips)  
Servings Per Container 6

**Amount Per Serving**

**Calories** 190      Calories from Fat 90



Many packages hold more than one serving. When you consume multiple servings, it is easy to eat or drink much more than you realize. This can affect your calorie intake (and over time, your weight) in a big way.

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- 0 oz.
- 1 serving/1 oz. (1/6 bag)
- 2 servings/2 oz. (1/3 bag)
- 3 servings/3 oz. (1/2 bag)
- 4 servings/4 oz. (2/3 bag)
- 5 servings/5 oz. (5/6 bag)
- 6 servings/6 oz. (whole bag)

Select **NEXT** to continue.

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Show Label

Here is a 24 fluid ounce bottle of soda.

If you drink one serving of this, how much will you drink?



- 4 fl. oz. (1/6 bottle)
- 8 fl. oz. (1/3 bottle)
- 12 fl. oz. (1/2 bottle)
- 16 fl. oz. (2/3 bottle)
- 18 fl. oz. (3/4 bottle)
- 24 fl. oz. (whole bottle)

*(Check the Nutrition Facts label.)*

Submit

Select your answer and then select Submit.

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## Nutrition Facts

Serving Size 8 fl oz (240mL)  
 Servings Per Container 3

#### Amount Per Serving

**Calories** 100      Calories from Fat 0

Here is a 24 fluid ounce bottle of soda.

If you drink one serving of this, how much will you drink?



- 4 fl. oz. (1/6 bottle)
- 8 fl. oz. (1/3 bottle)
- 12 fl. oz. (1/2 bottle)
- 16 fl. oz. (2/3 bottle)
- 18 fl. oz. (3/4 bottle)
- 24 fl. oz. (whole bottle)

(Check the Nutrition Facts label.)

Submit

Select your answer and then  
 select Submit.

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## Nutrition Facts

Serving Size 8 fl oz (240mL)  
 Servings Per Container 3

### Amount Per Serving

**Calories** 100      Calories from Fat 0

Sorry, that's not correct, please check the  
 Nutrition Facts label and try again.

Select your answer and then  
 select Submit.

Here is a 24 fluid ounce bottle of soda.

If you drink one serving of this, how much will  
 you drink?



- 4 fl. oz. (1/6 bottle)
- 8 fl. oz. (1/3 bottle)
- 12 fl. oz. (1/2 bottle)
- 16 fl. oz. (2/3 bottle)
- 18 fl. oz. (3/4 bottle)
- 24 fl. oz. (whole bottle)

(Check the Nutrition Facts label.)

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## Nutrition Facts

Serving Size 8 fl oz (240mL)  
Servings Per Container 3

#### Amount Per Serving

**Calories** 100      Calories from Fat 0

Sorry, that's not correct. One serving of  
soda is 8 fluid ounces, or 1 cup.

Select **NEXT** to continue.

Here is a 24 fluid ounce bottle of soda.

If you drink one serving of this, how much will  
you drink?



- 4 fl. oz. (1/6 bottle)
- 8 fl. oz. (1/3 bottle)
- 12 fl. oz. (1/2 bottle)
- 16 fl. oz. (2/3 bottle)
- 18 fl. oz. (3/4 bottle)
- 24 fl. oz. (whole bottle)

(Check the Nutrition Facts label.)

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## Nutrition Facts

Serving Size 8 fl oz (240mL)  
Servings Per Container 3

#### Amount Per Serving

**Calories** 100      Calories from Fat 0

Absolutely right. One serving of soda is 8 fluid ounces, or 1 cup.

Select **NEXT** to continue.

Here is a 24 fluid ounce bottle of soda.

If you drink one serving of this, how much will you drink?



- 4 fl. oz. (1/6 bottle)
- 8 fl. oz. (1/3 bottle)
- 12 fl. oz. (1/2 bottle)
- 16 fl. oz. (2/3 bottle)
- 18 fl. oz. (3/4 bottle)
- 24 fl. oz. (whole bottle)

(Check the Nutrition Facts label.)

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Serving Size 8 fl oz (240mL)  
Servings Per Container 3

### Amount Per Serving

**Calories** 100      Calories from Fat 0

100

Here is a 24 fluid ounce bottle of soda. If you drink one serving of this, how much will you drink?

Select the lever below and drag it to see what happens to the calories.



- 0 fl. oz.
- 4 fl. oz. (1/6 bottle)
- 8 fl. oz. (1/3 bottle)
- 12 fl. oz. (1/2 bottle)
- 16 fl. oz. (2/3 bottle)
- 18 fl. oz. (3/4 bottle)
- 24 fl. oz. (whole bottle)

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Serving Size 8 fl oz (240mL)  
Servings Per Container 3

### Amount Per Serving

**Calories** 100      Calories from Fat 0

200

Here is a 24 fluid ounce bottle of soda. If you drink one serving of this, how much will you drink?

Select the lever below and drag it to see what happens to the calories.



- 0 fl. oz.
- 4 fl. oz. (1/6 bottle)
- 8 fl. oz. (1/3 bottle)
- 12 fl. oz. (1/2 bottle)
- 16 fl. oz. (2/3 bottle)
- 18 fl. oz. (3/4 bottle)
- 24 fl. oz. (whole bottle)

Select **NEXT** to continue.

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Show Label



Show Label



Show Label



Show Label

Always check the calories, even for products you think you know. You may be surprised.

**For example, which of the four products below do you think is highest in calories per serving?**

- A. Blueberry Toaster Pastry
- B. Mixed-berry Cereal Bar
- C. Instant Oatmeal with Apple
- D. Large Oat Bran Muffin

*(Check the Nutrition Facts label.)*

Submit

Select your answer and then select  
Submit.

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## Nutrition Facts

Serving Size 1 Pastry (52g)  
Servings Per Container 8

### Amount Per Serving

**Calories** 200      Calories from Fat 45

Hide Label

Select your answer and then select  
Submit.

Always check the calories, even for products you think you know. You may be surprised.

For example, which of the four products below do you think is highest in calories per serving?

- A. Blueberry Toaster Pastry
- B. Mixed-berry Cereal Bar
- C. Instant Oatmeal with Apple
- D. Large Oat Bran Muffin

(Check the Nutrition Facts label.)

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## Nutrition Facts

Serving Size 1 bar (37g)  
Servings Per Container 8

### Amount Per Serving

**Calories** 140      Calories from Fat 25

Hide Label

Select your answer and then select  
Submit.

Always check the calories, even for products you think you know. You may be surprised.

For example, which of the four products below do you think is highest in calories per serving?

- A. Blueberry Toaster Pastry
- B. Mixed-berry Cereal Bar
- C. Instant Oatmeal with Apple
- D. Large Oat Bran Muffin

(Check the Nutrition Facts label.)

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## Nutrition Facts

Serving Size 1 packet (35g)  
Servings Per Container 10

#### Amount Per Serving

**Calories** 130      Calories from Fat 15

Hide Label

Select your answer and then select Submit.

Always check the calories, even for products you think you know. You may be surprised.

For example, which of the four products below do you think is highest in calories per serving?

- A. Blueberry Toaster Pastry
- B. Mixed-berry Cereal Bar
- C. Instant Oatmeal with Apple
- D. Large Oat Bran Muffin

(Check the Nutrition Facts label.)

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## Nutrition Facts

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

#### Amount Per Serving

**Calories** 310      Calories from Fat 70

Hide Label

Select your answer and then select Submit.

Always check the calories, even for products you think you know. You may be surprised.

For example, which of the four products below do you think is highest in calories per serving?

- A. Blueberry Toaster Pastry
- B. Mixed-berry Cereal Bar
- C. Instant Oatmeal with Apple
- D. Large Oat Bran Muffin

(Check the Nutrition Facts label.)

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Show Label



Show Label



Show Label



Show Label

Always check the calories, even for products you think you know. You may be surprised.

**For example, which of the four products below do you think is highest in calories per serving?**

- A. Blueberry Toaster Pastry
- B. Mixed-berry Cereal Bar
- C. Instant Oatmeal with Apple
- D. Large Oat Bran Muffin

*(Check the Nutrition Facts label.)*

Submit

Select your answer and then select  
Submit.

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## MAKE YOUR CALORIES COUNT

Use the Nutrition Facts Label  
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### Size Up Your Serving and Calories

#### Calories per Serving

Always check the calories, even for products you think you know. You may be surprised.

For example, which of the four products below do you think is highest in calories per serving?

**A.**   
200 calories per serving

**B.**   
140 calories per serving

**C.**   
130 calories per serving

**D.**   
310 calories per serving

- A. Blueberry Toaster Pastry
- B. Mixed-berry Cereal Bar
- C. Instant Oatmeal with Apple
- D. Large Oat Bran Muffin

(Check the Nutrition Facts label.)

Sorry, that's not correct. The bran muffin is highest in calories per serving. Check the Nutrition Facts labels.

Select **NEXT** to continue.

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A.   
200 calories per serving

Show Label

B.   
140 calories per serving

Show Label

C.   
130 calories per serving

Show Label

D.   
310 calories per serving

Show Label

Always check the calories, even for products you think you know. You may be surprised.

For example, which of the four products below do you think is highest in calories per serving?

- A. Blueberry Toaster Pastry
- B. Mixed-berry Cereal Bar
- C. Instant Oatmeal with Apple
- D. Large Oat Bran Muffin

(Check the Nutrition Facts label.)

Good job! The bran muffin is highest in calories per serving. Check the Nutrition Facts labels.

Select **NEXT** to continue.

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## MAKE YOUR CALORIES COUNT

Use the Nutrition Facts Label for Healthy Weight Management

### Size Up Your Serving and Calories

#### Calories per Serving

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## Nutrition Facts

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

### Amount Per Serving

**Calories** 310      Calories from Fat 70

Hide Label

Good job! The bran muffin is highest in calories per serving. Check the Nutrition Facts labels.

Select **NEXT** to continue.

Always check the calories, even for products you think you know. You may be surprised.

For example, which of the four products below do you think is highest in calories per serving?

- A. Blueberry Toaster Pastry
- B. Mixed-berry Cereal Bar
- C. Instant Oatmeal with Apple
- D. Large Oat Bran Muffin

(Check the Nutrition Facts label.)

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## MAKE YOUR CALORIES COUNT

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### Size Up Your Serving and Calories

#### *Calories per Serving*

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If you eat and drink more calories than you burn, you will gain weight. To achieve or maintain a healthy weight, be mindful of calories when comparing like products.

How many calories are too high or low for a serving? This depends on your calorie goal for the day and how you balance your food choices during the day. In general though, follow this guide to size up calories in a **single serving**:

#### General Guide to Calories

40 calories = LOW

100 calories = MODERATE

400 calories = HIGH

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## MAKE YOUR CALORIES COUNT

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### Size Up Your Serving and Calories

#### Calories per Serving

If you eat and drink more calories than you burn, you will gain weight. To achieve or maintain a healthy weight, be mindful of calories when

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**Healthy weight** - is a body weight that is appropriate for your height and benefits your health. One tool to help you determine if you are underweight, at a healthy weight, overweight, or obese is the Body Mass Index or BMI. The BMI is a measure of weight for height for adults over 20 years old. To find out if your weight is in the healthy range, use the [BMI chart](#), which is referenced in the US Dietary Guidelines for Americans.

[Close](#)

#### Calories

40 calories = LOW

100 calories = MODERATE

400 calories = HIGH

Select **NEXT** to continue.

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### MAKE YOUR CALORIES COUNT

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Show Label

Whether you want to lose or gain weight or maintain your current weight, it is important to manage your calorie intake.

Suppose you're considering these chocolate-dipped cheesecake bites as a dessert.

**How would you rate the calories for this product?**

- A. Low
- B. Moderate
- C. High

*(Check the Nutrition Facts label.)*

Submit

Select your answer and then select Submit.

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## MAKE YOUR CALORIES COUNT

Use the Nutrition Facts Label for Healthy Weight Management

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#### Calories per Serving

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## Nutrition Facts

Serving Size 5 pieces (110g)  
Servings Per Container 2

#### Amount Per Serving

**Calories** 480      Calories from Fat 300

Hide Label

Select your answer and then select Submit.

Whether you want to lose or gain weight or maintain your current weight, it is important to manage your calorie intake.

Suppose you're considering these chocolate-dipped cheesecake bites as a dessert.

**How would you rate the calories for this product?**

- A. Low
- B. Moderate
- C. High

*(Check the Nutrition Facts label.)*

Submit

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## MAKE YOUR CALORIES COUNT

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## Nutrition Facts

Serving Size 5 pieces (110g)  
Servings Per Container 2

#### Amount Per Serving

**Calories** 480      Calories from Fat 300

Hide Label

Sorry, that is not correct. Check the Nutrition Facts label and keep in mind the General Guide to Calories (40 is LOW, 100 is MODERATE, 400 is HIGH). Please try again.

Select your answer and then select Submit.

Whether you want to lose or gain weight or maintain your current weight, it is important to manage your calorie intake.

Suppose you're considering these chocolate-dipped cheesecake bites as a dessert.

How would you rate the calories for this product?

- A. Low
- B. Moderate
- C. High

(Check the Nutrition Facts label.)

Submit

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## Nutrition Facts

Serving Size 5 pieces (110g)  
Servings Per Container 2

### Amount Per Serving

**Calories** 480      Calories from Fat 300

That's not correct. Based on the General Guide to Calories (40 is LOW, 100 is MODERATE, 400 is HIGH), this dessert is a high calorie item. Notice too that the serving size is just five pieces!

Select **NEXT** to continue.

Whether you want to lose or gain weight or maintain your current weight, it is important to manage your calorie intake.

Suppose you're considering these chocolate-dipped cheesecake bites as a dessert.

How would you rate the calories for this product?

- A. Low
- B. Moderate
- C. High

(Check the Nutrition Facts label.)

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## Nutrition Facts

Serving Size 5 pieces (110g)  
Servings Per Container 2

#### Amount Per Serving

**Calories** 480      Calories from Fat 300

Excellent! Based on the General Guide to Calories (40 is LOW, 100 is MODERATE, 400 is HIGH), this dessert is a high calorie item.

Select **NEXT** to continue.

Whether you want to lose or gain weight or maintain your current weight, it is important to manage your calorie intake.

Suppose you're considering these chocolate-dipped cheesecake bites as a dessert.

How would you rate the calories for this product?

- A. Low
- B. Moderate
- C. High

(Check the Nutrition Facts label.)

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### Calories per Serving

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## Nutrition Facts

Serving Size 4 cookies (29g)

Servings Per Container 10

### Amount Per Serving

**Calories** 140      Calories from Fat 60

140

Always consider calories in terms of how much you actually expect to eat or drink.

For example, you might want some shortbread cookies as a dessert or snack. One serving is a moderate amount of calories - but select additional servings below to see how quickly the calories climb.



4 cookies  
(1 serving)



6 cookies  
(1.5 servings)



8 cookies  
(2 servings)



10 cookies  
(2.5 servings)



12 cookies  
(3 servings)

Select **NEXT** to continue.

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## Nutrition Facts

Serving Size 4 cookies (29g)

Servings Per Container 10

### Amount Per Serving

Calories 140      Calories from Fat 60

350

Always consider calories in terms of how much you actually expect to eat or drink.

For example, you might want some shortbread cookies as a dessert or snack. One serving is a moderate amount of calories - but select additional servings below to see how quickly the calories climb.



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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 %**

\* Percent Daily Values are based on a 2,000 calorie diet. Yc

		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

The key is to use the Nutrition Facts label to help balance your calories as you manage your weight. Check the serving size and the number of servings you eat or drink because this is where extra calories may hide. Keep in mind that if you double the servings you consume, you double the calories too.

Here's a healthy tip to remember -- when you consume a food that is high in calories, you can balance it by selecting other lower-calorie foods throughout the day.

Use the **General Guide to Calories** to help you quickly size up calories in a single food item:

**40 calories = LOW**  
**100 calories = MODERATE**  
**400 calories = HIGH**

Select **NEXT** to explore another topic.

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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

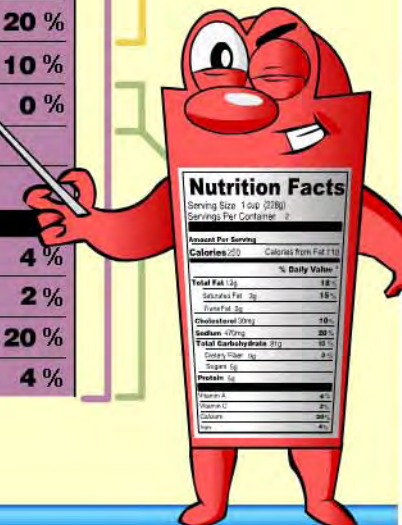
**Calories** 250      **Calories from Fat** 110

#### % Daily Value \*

<b>Total Fat</b> 12g	<b>18 %</b>
Saturated Fat 3g	<b>15 %</b>
<i>Trans</i> Fat 3g	
<b>Cholesterol</b> 30mg	<b>10 %</b>
<b>Sodium</b> 470mg	<b>20 %</b>
<b>Total Carbohydrate</b> 31g	<b>10 %</b>
Dietary Fiber 0g	<b>0 %</b>
Sugars 5g	
<b>Protein</b> 5g	
Vitamin A	<b>4 %</b>
Vitamin C	<b>2 %</b>
Calcium	<b>20 %</b>
Iron	<b>4 %</b>

Always Check the %DVs

Limit These Nutrients



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## MAKE YOUR CALORIES COUNT

Use the Nutrition Facts Label for Healthy Weight Management

### 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.

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

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Select **NEXT** to continue.

## Nutrition Facts

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.

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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

**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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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 %**

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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## MAKE YOUR CALORIES COUNT

Use the Nutrition Facts Label for Healthy Weight Management

### 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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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 %**

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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## MAKE YOUR CALORIES COUNT

Use the Nutrition Facts Label for Healthy Weight Management

### 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.

Select **NEXT** to continue.

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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 \*

<b>Total Fat</b> 12g	<b>18 %</b>
Saturated Fat 3g	<b>15 %</b>
Trans Fat 3g	
<b>Cholesterol</b> 30mg	<b>10 %</b>
<b>Sodium</b> 470mg	<b>20 %</b>
<b>Total Carbohydrate</b> 31g	<b>10 %</b>
Dietary Fiber 0g	<b>0 %</b>
Sugars 5g	
<b>Protein</b> 5g	
Vitamin A	<b>4 %</b>
Vitamin C	<b>2 %</b>
<b>Calcium</b>	<b>20 %</b>
Iron	<b>4 %</b>

Always Check the %DVs

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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

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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 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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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)  
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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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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      6%

**Cholesterol** 30mg      6%

**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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### MAKE YOUR CALORIES COUNT

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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.

Select **NEXT** to continue.

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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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### MAKE YOUR CALORIES COUNT

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### See What's In It For You

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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### MAKE YOUR CALORIES COUNT

#### See What's In It For You

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

Select your answer and then select Submit.

#### Nutrition Facts

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

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

A

Hide Labels

B

#### Nutrition Facts

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

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

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## MAKE YOUR CALORIES COUNT

### See What's In It For You

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.)*

Select **NEXT** to continue.

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### Nutrition Facts

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

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

### Nutrition Facts

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

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

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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## MAKE YOUR CALORIES COUNT

### See What's In It For You

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.)*

Select **NEXT** to continue.

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### Nutrition Facts

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

Amount Per Serving	
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<b>% Daily Value *</b>	
<b>Total Fat</b> 3g	<b>5 %</b>
Saturated Fat 0g	<b>0 %</b>
Trans Fat 0g	
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Dietary Fiber 8g	<b>32 %</b>
Sugars 15g	
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Vitamin A	<b>0 %</b>
Vitamin C	<b>10 %</b>
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Iron	<b>10 %</b>

### Nutrition Facts

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

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

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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### MAKE YOUR CALORIES COUNT

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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### MAKE YOUR CALORIES COUNT

#### 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.

#### Nutrition Facts

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

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

#### Nutrition Facts

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

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

A

Hide Labels

B

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### MAKE YOUR CALORIES COUNT

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

#### Nutrition Facts

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

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

**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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### MAKE YOUR CALORIES COUNT

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

#### Nutrition Facts

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

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

**A**

Hide Labels

**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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### MAKE YOUR CALORIES COUNT

Use the Nutrition Facts Label  
for Healthy Weight  
Management

### 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.

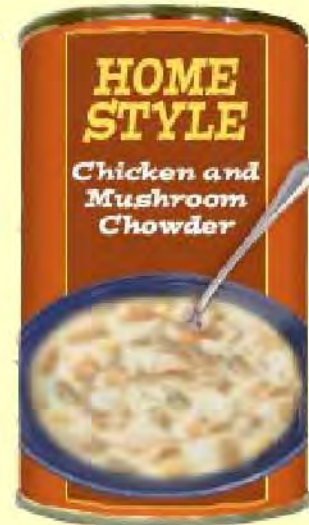
Which of these soups is low in **saturated fat**?

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

*(Check the Nutrition Facts labels.)*

Submit

A.



B.



Show Labels

Select your answer and then select Submit.

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## MAKE YOUR CALORIES COUNT

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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.)

Submit

A.



B.



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### MAKE YOUR CALORIES COUNT

#### 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.)*

Submit

Select your answer and then select Submit.

#### Nutrition Facts

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

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

#### Nutrition Facts

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

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

**A**

Hide Labels

**B**

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### MAKE YOUR CALORIES COUNT

#### 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	
<b>Calories</b> 210	Calories from Fat 110
<b>% Daily Value *</b>	
<b>Total Fat</b> 12g	<b>18 %</b>
<b>Saturated Fat</b> 4g	<b>20 %</b>
<b>Trans Fat</b> 0g	
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Dietary Fiber 3g	<b>12 %</b>
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<b>Protein</b> 10g	
Vitamin A	<b>0 %</b>
Vitamin C	<b>8 %</b>
Calcium	<b>2 %</b>
Iron	<b>8 %</b>

#### Nutrition Facts

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

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

**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

### 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.

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### Nutrition Facts

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

Amount Per Serving	
<b>Calories</b> 210	Calories from Fat 110
% Daily Value *	
<b>Total Fat</b> 12g	18 %
Saturated Fat 4g	20 %
Trans Fat 0g	
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<b>Sodium</b> 970mg	40 %
<b>Total Carbohydrate</b> 15g	5 %
Dietary Fiber 3g	12 %
Sugars 1g	
<b>Protein</b> 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	
<b>Calories</b> 140	Calories from Fat 25
% Daily Value *	
<b>Total Fat</b> 3g	5 %
Saturated Fat 1g	5 %
Trans Fat 0g	
<b>Cholesterol</b> 10mg	3 %
<b>Sodium</b> 400mg	17 %
<b>Total Carbohydrate</b> 20g	7 %
Dietary Fiber 1g	4 %
Sugars 0g	
<b>Protein</b> 8g	
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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Use the Nutrition Facts Label  
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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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### MAKE YOUR CALORIES COUNT

### Use the Nutrition Facts Label for Healthy Weight Management

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- 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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### 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?**

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

#### Nutrition Facts

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

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

**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.

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

- A. Hearty Pretzels
- B. Pretzel Thins

*(Check the Nutrition Facts labels.)*

Select **NEXT** to continue.

#### Nutrition Facts

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

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

#### Nutrition Facts

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

Amount Per Serving	
<b>Calories</b> 110	Calories from Fat 10
% Daily Value *	
<b>Total Fat</b> 1g	<b>2 %</b>
Saturated Fat 0g	<b>0 %</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0 %</b>
<b>Sodium</b> 560mg	<b>23 %</b>
<b>Total Carbonyrate</b> 25g	<b>8 %</b>
Dietary Fiber 1g	<b>3 %</b>
Sugars 1g	
<b>Protein</b> 2g	
Vitamin A	<b>0 %</b>
Vitamin C	<b>0 %</b>
Calcium	<b>0 %</b>
Iron	<b>1 %</b>

**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?**

- A. Hearty Pretzels
- B. Pretzel Thins

*(Check the Nutrition Facts labels.)*

Select **NEXT** to continue.

### Nutrition Facts

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

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

### Nutrition Facts

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

Amount Per Serving	
<b>Calories</b> 110	Calories from Fat 10
% Daily Value *	
<b>Total Fat</b> 1g	<b>2 %</b>
Saturated Fat 0g	<b>0 %</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0 %</b>
<b>Sodium</b> 560mg	<b>23 %</b>
<b>Total Carbonyrate</b> 25g	<b>8 %</b>
Dietary Fiber 1g	<b>3 %</b>
Sugars 1g	
<b>Protein</b> 2g	
Vitamin A	<b>0 %</b>
Vitamin C	<b>0 %</b>
Calcium	<b>0 %</b>
Iron	<b>1 %</b>

**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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### MAKE YOUR CALORIES COUNT

Use the Nutrition Facts Label for Healthy Weight Management

### Judge If It's Right For You

Apply these nutrition label skills to manage your weight the healthy way. By learning to control calories and nutrients, you will make wise food choices that will benefit your health.

When you compare or select food products, pay attention to:

**the serving size**, number of servings in the container, and how many calories in a single serving.

**the %DVs** - you need to limit some nutrients and get enough of others.

### Nutrition Facts

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

Amount Per Serving	
<b>Calories</b> 250	Calories from Fat 110
	% Daily Value *
<b>Total Fat</b> 12g	<b>18 %</b>
Saturated Fat 3g	<b>15 %</b>
<i>Trans</i> Fat 3g	
<b>Cholesterol</b> 30mg	<b>10 %</b>
<b>Sodium</b> 470mg	<b>20 %</b>
<b>Total Carbohydrate</b> 31g	<b>10 %</b>
Dietary Fiber 0g	<b>0 %</b>
Sugars 5g	
<b>Protein</b> 5g	
Vitamin A	<b>4 %</b>
Vitamin C	<b>2 %</b>
Calcium	<b>20 %</b>
Iron	<b>4 %</b>

### Check Serving Size & Calories

- \* 40 calories is **LOW**
- \* 100 calories is **MODERATE**
- \* 400 calories is **HIGH**

### Always Check the %DVs

- \* 5%DV or less is **LOW**
- \* 20%DV or more is **HIGH**

### Limit These Nutrients

### Get Enough of These Nutrients

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## MAKE YOUR CALORIES COUNT

Use the Nutrition Facts Label for Healthy Weight Management

### Judge If It's Right For You

To judge if a food is right for you, ask yourself:

- \* Is this a smart choice based on calories per serving? Are they low, moderate, or high.
- \* Is this a smart choice based on the %DV of nutrients?
  - Are the nutrients you want to limit low?
  - Are the nutrients you want to get enough of high?

Finally, ask - is this food a smart choice for me? The answer may differ based on whether you are trying to gain, lose or maintain your weight; how many calories you need each day based on age, gender and level of physical activity, special health, or dietary concerns.

Select **NEXT** to continue.

### Nutrition Facts

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

Amount Per Serving	
<b>Calories</b> 250	Calories from Fat 110
% Daily Value *	
<b>Total Fat</b> 12g	<b>18 %</b>
Saturated Fat 3g	<b>15 %</b>
Trans Fat 3g	
<b>Cholesterol</b> 30mg	<b>10 %</b>
<b>Sodium</b> 470mg	<b>20 %</b>
<b>Total Carbohydrate</b> 31g	<b>10 %</b>
Dietary Fiber 0g	<b>0 %</b>
Sugars 5g	
<b>Protein</b> 5g	
Vitamin A	<b>4 %</b>
Vitamin C	<b>2 %</b>
Calcium	<b>20 %</b>
Iron	<b>4 %</b>

#### Check Serving Size & Calories

- \* 40 calories is **LOW**
- \* 100 calories is **MODERATE**
- \* 400 calories is **HIGH**

#### Always Check the %DVs

- \* 5%DV or less is **LOW**
- \* 20%DV or more is **HIGH**

#### Limit These Nutrients

#### Get Enough of These Nutrients

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## MAKE YOUR CALORIES COUNT

Use the Nutrition Facts Label for Healthy Weight Management

### Judge If It's Right For You

When you are in the dairy section of the grocery store and you want to choose a milk product such as skim or chocolate milk, use the Nutrition Facts labels. Compare the serving size, calories per serving, saturated fat and calcium.

*(Check the Nutrition Facts labels.)*

A.



B.



Show Labels

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### MAKE YOUR CALORIES COUNT

#### Judge If It's Right For You

When you are in the dairy section of the grocery store and you want to choose a milk product such as skim or chocolate milk, use the Nutrition Facts labels. Compare the serving size, calories per serving, saturated fat and calcium.

*(Check the Nutrition Facts labels.)*

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Select **NEXT** to continue.

#### Nutrition Facts

Serving Size 8 fl oz (240mL)  
Servings Per Container 8

**Amount Per Serving**

**Calories** 160      Calories from Fat 25

**% Daily Value \***

**Total Fat** 2.5g      **4 %**

Saturated Fat 1.5g      **8 %**

Trans Fat 0g

**Cholesterol** 5mg      **2 %**

**Sodium** 150mg      **6 %**

**Total Carbohydrate** 26g      **9 %**

Dietary Fiber 1g      **5 %**

Sugars 26g

**Protein** 8g

Vitamin A      **10 %**

Vitamin C      **4 %**

Calcium      **30 %**

Iron      **4 %**

A

#### Nutrition Facts

Serving Size 8 fl oz (240mL)  
Servings Per Container 8

**Amount Per Serving**

**Calories** 80      Calories from Fat 0

**% Daily Value \***

**Total Fat** 0g      **0 %**

Saturated Fat 0g      **0 %**

Trans Fat 0g

**Cholesterol** <5mg      **0 %**

**Sodium** 125mg      **5 %**

**Total Carbohydrate** 12g      **4 %**

Dietary Fiber 0g      **0 %**

Sugars 12g

**Protein** 8g

Vitamin A      **10 %**

Vitamin C      **4 %**

Calcium      **30 %**

Iron      **0 %**

B

Hide Labels

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### MAKE YOUR CALORIES COUNT

Use the Nutrition Facts Label  
for Healthy Weight  
Management

### Judge If It's Right For You

How do the *calories* for 1 serving of each of these compare?

- A. Low fat chocolate milk has less calories.
- B. Fat free milk has less calories.
- C. They have the same calories.

*(Check the Nutrition Facts labels.)*

Submit

A.



B.



Show Labels

Select your answer and then select Submit.

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### MAKE YOUR CALORIES COUNT

#### Judge If It's Right For You

How do the *calories* for 1 serving of each of these compare?

- A. Low fat chocolate milk has less calories.
- B. Fat free milk has less calories.
- C. They have the same calories.

*(Check the Nutrition Facts labels.)*

Submit

Select your answer and then select Submit.

#### Nutrition Facts

Serving Size 8 fl oz (240mL)  
Servings Per Container 8

Amount Per Serving	
<b>Calories</b> 160	Calories from Fat 25
<b>% Daily Value</b> *	
<b>Total Fat</b> 2.5g	<b>4</b> %
Saturated Fat 1.5g	<b>8</b> %
Trans Fat 0g	
<b>Cholesterol</b> 5mg	<b>2</b> %
<b>Sodium</b> 150mg	<b>6</b> %
<b>Total Carbohydrate</b> 26g	<b>9</b> %
Dietary Fiber 1g	<b>5</b> %
Sugars 26g	
<b>Protein</b> 8g	
Vitamin A	<b>10</b> %
Vitamin C	<b>4</b> %
Calcium	<b>30</b> %
Iron	<b>4</b> %

A

#### Nutrition Facts

Serving Size 8 fl oz (240mL)  
Servings Per Container 8

Amount Per Serving	
<b>Calories</b> 80	Calories from Fat 0
<b>% Daily Value</b> *	
<b>Total Fat</b> 0g	<b>0</b> %
Saturated Fat 0g	<b>0</b> %
Trans Fat 0g	
<b>Cholesterol</b> <5mg	<b>0</b> %
<b>Sodium</b> 125mg	<b>5</b> %
<b>Total Carbohydrate</b> 12g	<b>4</b> %
Dietary Fiber 0g	<b>0</b> %
Sugars 12g	
<b>Protein</b> 8g	
Vitamin A	<b>10</b> %
Vitamin C	<b>4</b> %
Calcium	<b>30</b> %
Iron	<b>0</b> %

B

Hide Labels

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### MAKE YOUR CALORIES COUNT

#### Judge If It's Right For You

How do the *calories* for 1 serving of each of these compare?

- A. Low fat chocolate milk has less calories.
- B. Fat free milk has less calories.
- C. They have the same calories.

(Check the Nutrition Facts labels.)

Select **NEXT** to continue.

#### Nutrition Facts

Serving Size 8 fl oz (240mL)  
Servings Per Container 8

Amount Per Serving		
<b>Calories</b> 160	Calories from Fat 25	
		<b>% Daily Value *</b>
<b>Total Fat</b> 2.5g		<b>4 %</b>
Saturated Fat 1.5g		<b>8 %</b>
Trans Fat 0g		
<b>Cholesterol</b> 5mg		<b>2 %</b>
<b>Sodium</b> 150mg		<b>6 %</b>
<b>Total Carbohydrate</b> 26g		<b>9 %</b>
Dietary Fiber 1g		<b>5 %</b>
Sugars 26g		
<b>Protein</b> 8g		
Vitamin A		<b>10 %</b>
Vitamin C		<b>4 %</b>
Calcium		<b>30 %</b>
Iron		<b>4 %</b>

#### Nutrition Facts

Serving Size 8 fl oz (240mL)  
Servings Per Container 8

Amount Per Serving		
<b>Calories</b> 80	Calories from Fat 0	
		<b>% Daily Value *</b>
<b>Total Fat</b> 0g		<b>0 %</b>
Saturated Fat 0g		<b>0 %</b>
Trans Fat 0g		
<b>Cholesterol</b> <5mg		<b>0 %</b>
<b>Sodium</b> 125mg		<b>5 %</b>
<b>Total Carbohydrate</b> 12g		<b>4 %</b>
Dietary Fiber 0g		<b>0 %</b>
Sugars 12g		
<b>Protein</b> 8g		
Vitamin A		<b>10 %</b>
Vitamin C		<b>4 %</b>
Calcium		<b>30 %</b>
Iron		<b>0 %</b>

**A**

**B**

Hide Labels

Sorry, that is not correct. Look at the labels again. Fat free milk has 80 calories per serving, while low fat chocolate milk has 160 calories per serving.

**BACK**

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### MAKE YOUR CALORIES COUNT

#### Judge If It's Right For You

How do the *calories* for 1 serving of each of these compare?

- A. Low fat chocolate milk has less calories.
- B. Fat free milk has less calories.
- C. They have the same calories.

(Check the Nutrition Facts labels.)

Select **NEXT** to continue.

#### Nutrition Facts

Serving Size 8 fl oz (240mL)  
Servings Per Container 8

Amount Per Serving		
<b>Calories</b> 160	Calories from Fat 25	
		<b>% Daily Value *</b>
<b>Total Fat</b> 2.5g		<b>4 %</b>
Saturated Fat 1.5g		<b>8 %</b>
Trans Fat 0g		
<b>Cholesterol</b> 5mg		<b>2 %</b>
<b>Sodium</b> 150mg		<b>6 %</b>
<b>Total Carbohydrate</b> 26g		<b>9 %</b>
Dietary Fiber 1g		<b>5 %</b>
Sugars 26g		
<b>Protein</b> 8g		
Vitamin A		<b>10 %</b>
Vitamin C		<b>4 %</b>
Calcium		<b>30 %</b>
Iron		<b>4 %</b>

#### Nutrition Facts

Serving Size 8 fl oz (240mL)  
Servings Per Container 8

Amount Per Serving		
<b>Calories</b> 80	Calories from Fat 0	
		<b>% Daily Value *</b>
<b>Total Fat</b> 0g		<b>0 %</b>
Saturated Fat 0g		<b>0 %</b>
Trans Fat 0g		
<b>Cholesterol</b> <5mg		<b>0 %</b>
<b>Sodium</b> 125mg		<b>5 %</b>
<b>Total Carbohydrate</b> 12g		<b>4 %</b>
Dietary Fiber 0g		<b>0 %</b>
Sugars 12g		
<b>Protein</b> 8g		
Vitamin A		<b>10 %</b>
Vitamin C		<b>4 %</b>
Calcium		<b>30 %</b>
Iron		<b>0 %</b>

**A**

**B**

Hide Labels

Correct! Fat free milk has 80 calories per serving, while low fat chocolate milk has 160 calories per serving.

**BACK**

**NEXT**



### MAKE YOUR CALORIES COUNT

Use the Nutrition Facts Label  
for Healthy Weight  
Management

### Judge If It's Right For You

Now, let's look at saturated fat.

How does the %DV of **saturated fat** for 1 serving of each of these compare?

- A. Low fat chocolate milk is lower in saturated fat.
- B. Fat free milk is lower in saturated fat.
- C. They are both low in saturated fat.

*(Check the Nutrition Facts labels.)*

Submit

A.



B.



Show Labels

Select your answer and then select Submit.

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### MAKE YOUR CALORIES COUNT

#### Judge If It's Right For You

Now, let's look at saturated fat.

How does the %DV of **saturated fat** for 1 serving of each of these compare?

- A. Low fat chocolate milk is lower in saturated fat.
- B. Fat free milk is lower in saturated fat.
- C. They are both low in saturated fat.

*(Check the Nutrition Facts labels.)*

Submit

Select your answer and then select Submit.

#### Nutrition Facts

Serving Size 8 fl oz (240mL)  
Servings Per Container 8

Amount Per Serving	
<b>Calories</b> 160	Calories from Fat 25
% Daily Value *	
<b>Total Fat</b> 2.5g	<b>4 %</b>
Saturated Fat 1.5g	<b>8 %</b>
Trans Fat 0g	
<b>Cholesterol</b> 5mg	<b>2 %</b>
<b>Sodium</b> 150mg	<b>6 %</b>
<b>Total Carbohydrate</b> 26g	<b>9 %</b>
Dietary Fiber 1g	<b>5 %</b>
Sugars 26g	
<b>Protein</b> 8g	
Vitamin A	<b>10 %</b>
Vitamin C	<b>4 %</b>
Calcium	<b>30 %</b>
Iron	<b>4 %</b>

A

#### Nutrition Facts

Serving Size 8 fl oz (240mL)  
Servings Per Container 8

Amount Per Serving	
<b>Calories</b> 80	Calories from Fat 0
% Daily Value *	
<b>Total Fat</b> 0g	<b>0 %</b>
Saturated Fat 0g	<b>0 %</b>
Trans Fat 0g	
<b>Cholesterol</b> <5mg	<b>0 %</b>
<b>Sodium</b> 125mg	<b>5 %</b>
<b>Total Carbohydrate</b> 12g	<b>4 %</b>
Dietary Fiber 0g	<b>0 %</b>
Sugars 12g	
<b>Protein</b> 8g	
Vitamin A	<b>10 %</b>
Vitamin C	<b>4 %</b>
Calcium	<b>30 %</b>
Iron	<b>0 %</b>

B

Hide Labels

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## MAKE YOUR CALORIES COUNT

### Judge If It's Right For You

Now, let's look at saturated fat.

How does the %DV of **saturated fat** for 1 serving of each of these compare?

- A. Low fat chocolate milk is lower in saturated fat.
- B. Fat free milk is lower in saturated fat.
- C. They are both low in saturated fat.

(Check the Nutrition Facts labels.)

Select **NEXT** to continue.

### Nutrition Facts

Serving Size 8 fl oz (240mL)  
Servings Per Container 8

Amount Per Serving	
<b>Calories</b> 160	Calories from Fat 25
<b>% Daily Value *</b>	
<b>Total Fat</b> 2.5g	<b>4 %</b>
<b>Saturated Fat</b> 1.5g	<b>8 %</b>
<b>Trans Fat</b> 0g	
<b>Cholesterol</b> 5mg	<b>2 %</b>
<b>Sodium</b> 150mg	<b>6 %</b>
<b>Total Carbohydrate</b> 26g	<b>9 %</b>
Dietary Fiber 1g	<b>5 %</b>
Sugars 26g	
<b>Protein</b> 8g	
Vitamin A	<b>10 %</b>
Vitamin C	<b>4 %</b>
Calcium	<b>30 %</b>
Iron	<b>4 %</b>

### Nutrition Facts

Serving Size 8 fl oz (240mL)  
Servings Per Container 8

Amount Per Serving	
<b>Calories</b> 80	Calories from Fat 0
<b>% Daily Value *</b>	
<b>Total Fat</b> 0g	<b>0 %</b>
<b>Saturated Fat</b> 0g	<b>0 %</b>
<b>Trans Fat</b> 0g	
<b>Cholesterol</b> <5mg	<b>0 %</b>
<b>Sodium</b> 125mg	<b>5 %</b>
<b>Total Carbohydrate</b> 12g	<b>4 %</b>
Dietary Fiber 0g	<b>0 %</b>
Sugars 12g	
<b>Protein</b> 8g	
Vitamin A	<b>10 %</b>
Vitamin C	<b>4 %</b>
Calcium	<b>30 %</b>
Iron	<b>0 %</b>

**A**

**B**

Hide Labels

Sorry, that is not correct. Look at the labels again. Fat free milk is lower in saturated fat with 0%DV when compared to low fat chocolate milk which has 8%DV. Remember, 5%DV or less is LOW.

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## MAKE YOUR CALORIES COUNT

### Judge If It's Right For You

Now, let's look at saturated fat.

How does the %DV of **saturated fat** for 1 serving of each of these compare?

- A. Low fat chocolate milk is lower in saturated fat.
- B. Fat free milk is lower in saturated fat.
- C. They are both low in saturated fat.

(Check the Nutrition Facts labels.)

Select **NEXT** to continue.

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### Nutrition Facts

Serving Size 8 fl oz (240mL)  
Servings Per Container 8

Amount Per Serving	
<b>Calories</b> 160	Calories from Fat 25
<b>% Daily Value *</b>	
<b>Total Fat</b> 2.5g	4 %
<b>Saturated Fat</b> 1.5g	8 %
<b>Trans Fat</b> 0g	
<b>Cholesterol</b> 5mg	2 %
<b>Sodium</b> 150mg	6 %
<b>Total Carbohydrate</b> 26g	9 %
Dietary Fiber 1g	5 %
Sugars 26g	
<b>Protein</b> 8g	
Vitamin A	10 %
Vitamin C	4 %
Calcium	30 %
Iron	4 %

A

### Nutrition Facts

Serving Size 8 fl oz (240mL)  
Servings Per Container 8

Amount Per Serving	
<b>Calories</b> 80	Calories from Fat 0
<b>% Daily Value *</b>	
<b>Total Fat</b> 0g	0 %
<b>Saturated Fat</b> 0g	0 %
<b>Trans Fat</b> 0g	
<b>Cholesterol</b> <5mg	0 %
<b>Sodium</b> 125mg	5 %
<b>Total Carbohydrate</b> 12g	4 %
Dietary Fiber 0g	0 %
Sugars 12g	
<b>Protein</b> 8g	
Vitamin A	10 %
Vitamin C	4 %
Calcium	30 %
Iron	0 %

B

Hide Labels

Correct! Fat free milk is lower in saturated fat with 0%DV when compared to low fat chocolate milk which has 8%DV. Remember, 5%DV or less is **LOW**.

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### MAKE YOUR CALORIES COUNT

Use the Nutrition Facts Label  
for Healthy Weight  
Management

### Judge If It's Right For You

Now, let's look at calcium.

How does the %DV of **calcium** for 1 serving of each of these compare?

- A. Low fat chocolate milk is higher in calcium.
- B. Fat free milk is higher in calcium.
- C. They are both high in calcium.

*(Check the Nutrition Facts labels.)*

Submit

A.



B.



Show Labels

Select your answer and then select Submit.

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### MAKE YOUR CALORIES COUNT

#### Judge If It's Right For You

Now, let's look at calcium.

How does the %DV of *calcium* for 1 serving of each of these compare?

- A. Low fat chocolate milk is higher in calcium.
- B. Fat free milk is higher in calcium.
- C. They are both high in calcium.

*(Check the Nutrition Facts labels.)*

Submit

Select your answer and then select Submit.

#### Nutrition Facts

Serving Size 8 fl oz (240mL)  
Servings Per Container 8

Amount Per Serving	
<b>Calories</b> 160	Calories from Fat 25
% Daily Value *	
<b>Total Fat</b> 2.5g	<b>4 %</b>
Saturated Fat 1.5g	<b>8 %</b>
Trans Fat 0g	
<b>Cholesterol</b> 5mg	<b>2 %</b>
<b>Sodium</b> 150mg	<b>6 %</b>
<b>Total Carbohydrate</b> 26g	<b>9 %</b>
Dietary Fiber 1g	<b>5 %</b>
Sugars 26g	
<b>Protein</b> 8g	
Vitamin A	<b>10 %</b>
Vitamin C	<b>4 %</b>
Calcium	<b>30 %</b>
Iron	<b>4 %</b>

A

#### Nutrition Facts

Serving Size 8 fl oz (240mL)  
Servings Per Container 8

Amount Per Serving	
<b>Calories</b> 80	Calories from Fat 0
% Daily Value *	
<b>Total Fat</b> 0g	<b>0 %</b>
Saturated Fat 0g	<b>0 %</b>
Trans Fat 0g	
<b>Cholesterol</b> <5mg	<b>0 %</b>
<b>Sodium</b> 125mg	<b>5 %</b>
<b>Total Carbohydrate</b> 12g	<b>4 %</b>
Dietary Fiber 0g	<b>0 %</b>
Sugars 12g	
<b>Protein</b> 8g	
Vitamin A	<b>10 %</b>
Vitamin C	<b>4 %</b>
Calcium	<b>30 %</b>
Iron	<b>0 %</b>

B

Hide Labels

BACK

NEXT





## MAKE YOUR CALORIES COUNT

### Judge If It's Right For You

Now, let's look at calcium.

How does the %DV of **calcium** for 1 serving of each of these compare?

- A. Low fat chocolate milk is higher in calcium.
- B. Fat free milk is higher in calcium.
- C. They are both high in calcium.

(Check the Nutrition Facts labels.)

Select **NEXT** to continue.

### Nutrition Facts

Serving Size 8 fl oz (240mL)  
Servings Per Container 8

Amount Per Serving	
<b>Calories</b> 160	Calories from Fat 25
<b>% Daily Value *</b>	
<b>Total Fat</b> 2.5g	<b>4 %</b>
Saturated Fat 1.5g	<b>8 %</b>
Trans Fat 0g	
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### Nutrition Facts

Serving Size 8 fl oz (240mL)  
Servings Per Container 8

Amount Per Serving	
<b>Calories</b> 80	Calories from Fat 0
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Saturated Fat 0g	<b>0 %</b>
Trans Fat 0g	
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Dietary Fiber 0g	<b>0 %</b>
Sugars 12g	
<b>Protein</b> 8g	
Vitamin A	<b>10 %</b>
Vitamin C	<b>4 %</b>
Calcium	<b>30 %</b>
Iron	<b>0 %</b>

**A**

**B**

Hide Labels

**Incorrect.** Look at the labels again. Fat free milk and low fat chocolate milk are both high in calcium with 30%DV calcium. (20%DV or more is high.)

**BACK**

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## MAKE YOUR CALORIES COUNT

### Judge If It's Right For You

Now, let's look at calcium.

How does the %DV of **calcium** for 1 serving of each of these compare?

- A. Low fat chocolate milk is higher in calcium.
- B. Fat free milk is higher in calcium.
- C. They are both high in calcium.

(Check the Nutrition Facts labels.)

Select **NEXT** to continue.

### Nutrition Facts

Serving Size 8 fl oz (240mL)  
Servings Per Container 8

Amount Per Serving	
<b>Calories</b> 160	Calories from Fat 25
<b>% Daily Value</b> *	
<b>Total Fat</b> 2.5g	<b>4</b> %
Saturated Fat 1.5g	<b>8</b> %
Trans Fat 0g	
<b>Cholesterol</b> 5mg	<b>2</b> %
<b>Sodium</b> 150mg	<b>6</b> %
<b>Total Carbohydrate</b> 26g	<b>9</b> %
Dietary Fiber 1g	<b>5</b> %
Sugars 26g	
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### Nutrition Facts

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<b>Sodium</b> 125mg	<b>5</b> %
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Dietary Fiber 0g	<b>0</b> %
Sugars 12g	
<b>Protein</b> 8g	
Vitamin A	<b>10</b> %
Vitamin C	<b>4</b> %
<b>Calcium</b>	<b>30</b> %
Iron	<b>0</b> %

**A**

**B**

Hide Labels

Correct! Fat free milk and low fat chocolate milk are both high in calcium with 30%DV calcium. (20%DV or more is high.)

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### MAKE YOUR CALORIES COUNT

Use the Nutrition Facts Label  
for Healthy Weight  
Management

### Judge If It's Right For You

Now that we've looked at several parts of the label, let's put it all together.

**Which product is the smarter choice when thinking about calories, saturated fat, and calcium in a serving?**

- A. Low fat chocolate milk
- B. Fat free milk

*(Check the Nutrition Facts labels.)*

Submit

Select your answer and then select Submit.

A.



B.



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### MAKE YOUR CALORIES COUNT

#### Judge If It's Right For You

Now that we've looked at several parts of the label, let's put it all together.

**Which product is the smarter choice when thinking about calories, saturated fat, and calcium in a serving?**

- A. Low fat chocolate milk
- B. Fat free milk

*(Check the Nutrition Facts labels.)*

Submit

Select your answer and then select Submit.

#### Nutrition Facts

Serving Size 8 fl oz (240mL)  
Servings Per Container 8

Amount Per Serving	
<b>Calories</b> 160	Calories from Fat 25
<b>% Daily Value *</b>	
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Vitamin A	<b>10 %</b>
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A

#### Nutrition Facts

Serving Size 8 fl oz (240mL)  
Servings Per Container 8

Amount Per Serving	
<b>Calories</b> 80	Calories from Fat 0
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<b>Total Fat</b> 0g	<b>0 %</b>
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Sugars 12g	
<b>Protein</b> 8g	
Vitamin A	<b>10 %</b>
Vitamin C	<b>4 %</b>
Calcium	<b>30 %</b>
Iron	<b>0 %</b>

B

Hide Labels

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### MAKE YOUR CALORIES COUNT

#### Judge If It's Right For You

Now that we've looked at several parts of the label, let's put it all together.

**Which product is the smarter choice when thinking about calories, saturated fat, and calcium in a serving?**

- A. Low fat chocolate milk
- B. Fat free milk

*(Check the Nutrition Facts labels.)*

Select **NEXT** to continue.

#### Nutrition Facts

Serving Size 8 fl oz (240mL)  
Servings Per Container 8

Amount Per Serving		
<b>Calories</b> 160	Calories from Fat 25	
		<b>% Daily Value *</b>
<b>Total Fat</b> 2.5g		<b>4 %</b>
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<b>Total Carbohydrate</b> 26g		<b>9 %</b>
Dietary Fiber 1g		<b>5 %</b>
Sugars 26g		
<b>Protein</b> 8g		
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#### Nutrition Facts

Serving Size 8 fl oz (240mL)  
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Amount Per Serving		
<b>Calories</b> 80	Calories from Fat 0	
		<b>% Daily Value *</b>
<b>Total Fat</b> 0g		<b>0 %</b>
Saturated Fat 0g		<b>0 %</b>
Trans Fat 0g		
<b>Cholesterol</b> <5mg		<b>0 %</b>
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Vitamin A		<b>10 %</b>
Vitamin C		<b>4 %</b>
Calcium		<b>30 %</b>
Iron		<b>0 %</b>

**A**

**B**

Hide Labels

**Incorrect.** Look at the labels again. Both choices are high in calcium, but fat free milk is the smarter choice because it has no saturated fat and fewer calories than the low fat chocolate milk. However, if you decide to drink chocolate milk, balance your other choices throughout the day.

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### MAKE YOUR CALORIES COUNT

#### Judge If It's Right For You

Now that we've looked at several parts of the label, let's put it all together.

Which product is the smarter choice when thinking about calories, saturated fat, and calcium in a serving?

- A. Low fat chocolate milk
- B. Fat free milk

*(Check the Nutrition Facts labels.)*

Select **NEXT** to continue.

#### Nutrition Facts

Serving Size 8 fl oz (240mL)  
Servings Per Container 8

Amount Per Serving		% Daily Value *
<b>Calories</b> 160	Calories from Fat 25	
<b>Total Fat</b> 2.5g <b>4</b> %		
Saturated Fat 1.5g <b>8</b> %		
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#### Nutrition Facts

Serving Size 8 fl oz (240mL)  
Servings Per Container 8

Amount Per Serving		% Daily Value *
<b>Calories</b> 80	Calories from Fat 0	
<b>Total Fat</b> 0g <b>0</b> %		
Saturated Fat 0g <b>0</b> %		
Trans Fat 0g		
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<b>Protein</b> 8g		
<b>Vitamin A</b> <b>10</b> %		
<b>Vitamin C</b> <b>4</b> %		
<b>Calcium</b> <b>30</b> %		
<b>Iron</b> <b>0</b> %		

**A**

**B**

Hide Labels

Correct! Both choices are high in calcium, but fat free milk is the smarter choice because it has no saturated fat and fewer calories than the low fat chocolate milk. However, if you decide to drink chocolate milk, balance your other choices throughout the day.

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### MAKE YOUR CALORIES COUNT

#### Judge If It's Right For You

When you look at the table below, there is a clear smart choice - fat free milk.

	Fat Free Milk	Low Fat Chocolate Milk
<b>Calories</b>	lower	higher
<b>Saturated Fat</b>	lower	higher
<b>Calcium</b>	high	high

(Check the Nutrition Facts labels.)

Need a reminder?  
Review the following guides:

[Quick Guide to %DV](#)

[General Guide to Calories](#)

Select **NEXT** to continue.

#### Nutrition Facts

Serving Size 8 fl oz (240mL)  
Servings Per Container 8

Amount Per Serving		% Daily Value *
<b>Calories</b> 160	Calories from Fat 25	
<b>Total Fat</b> 2.5g		4 %
<b>Saturated Fat</b> 1.5g		8 %
<b>Trans Fat</b> 0g		
<b>Cholesterol</b> 5mg		2 %
<b>Sodium</b> 150mg		6 %
<b>Total Carbohydrate</b> 26g		9 %
Dietary Fiber 1g		5 %
Sugars 26g		
<b>Protein</b> 8g		
Vitamin A		10 %
Vitamin C		4 %
<b>Calcium</b>		30 %
Iron		4 %

#### Nutrition Facts

Serving Size 8 fl oz (240mL)  
Servings Per Container 8

Amount Per Serving		% Daily Value *
<b>Calories</b> 80	Calories from Fat 0	
<b>Total Fat</b> 0g		0 %
<b>Saturated Fat</b> 0g		0 %
<b>Trans Fat</b> 0g		
<b>Cholesterol</b> <5mg		0 %
<b>Sodium</b> 125mg		5 %
<b>Total Carbohydrate</b> 12g		4 %
Dietary Fiber 0g		0 %
Sugars 12g		
<b>Protein</b> 8g		
Vitamin A		10 %
Vitamin C		4 %
<b>Calcium</b>		30 %
Iron		0 %

A

B

Hide Labels

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### MAKE YOUR CALORIES COUNT

Use the Nutrition Facts Label  
for Healthy Weight  
Management

### Judge If It's Right For You

When you look at the table below, there is a clear smart choice - fat free milk.

	Fat Free Milk	Low Fat Chocolate Milk
<b>Calories</b>	lower	higher
<b>Saturated Fat</b>	lower	higher
<b>Calcium</b>	high	high

*(Check the Nutrition Facts labels.)*

Need a reminder?  
Review the following guides:

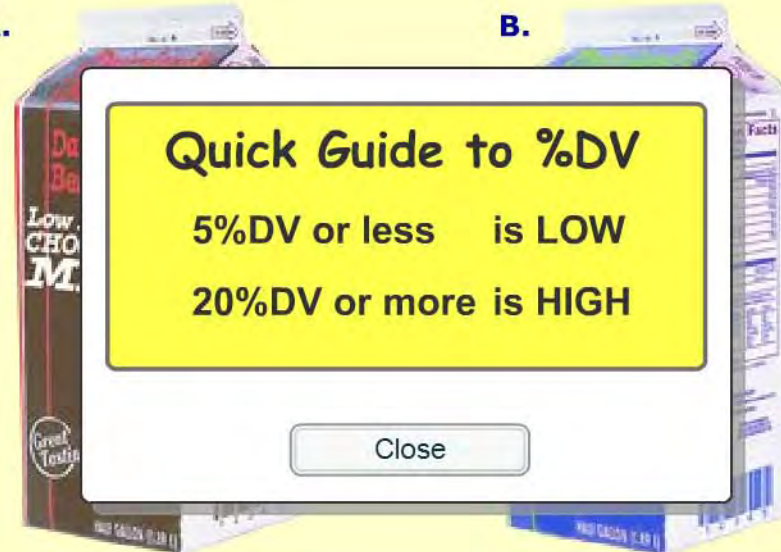
[Quick Guide to %DV](#)

[General Guide to Calories](#)

Select **NEXT** to continue.

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## MAKE YOUR CALORIES COUNT

Use the Nutrition Facts Label for Healthy Weight Management

### Judge If It's Right For You

When you look at the table below, there is a clear smart choice - fat free milk.

	Fat Free Milk	Low Fat Chocolate Milk
<b>Calories</b>	lower	higher
<b>Saturated Fat</b>	lower	higher
<b>Calcium</b>	high	high

*(Check the Nutrition Facts labels.)*

Need a reminder?  
Review the following guides:

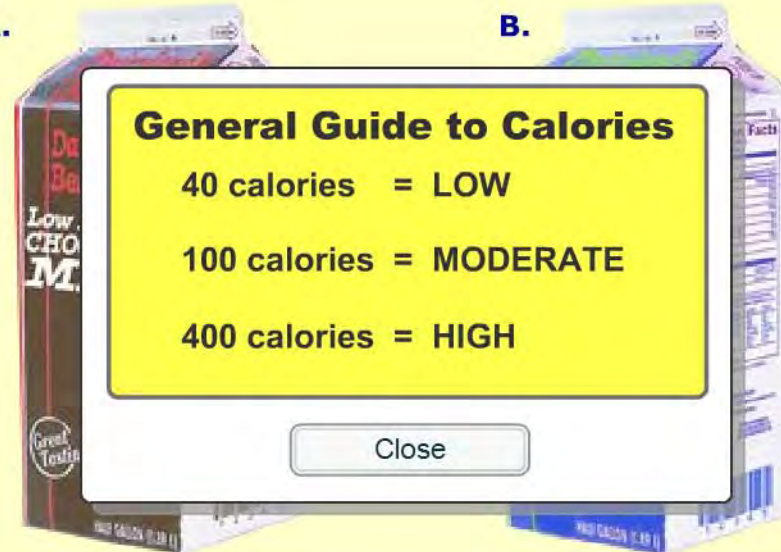
[Quick Guide to %DV](#)

[General Guide to Calories](#)

Select **NEXT** to continue.

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### Judge If It's Right For You

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Suppose you enjoy desserts, but are concerned about your weight. Though many desserts are relatively high in calories and saturated fat, you can still make smart food choices. Here we'll focus on serving size, calories per serving, and saturated fat.

To help you decide which desserts to choose, look at the Nutrition Facts labels.

*(Check the Nutrition Facts labels.)*

Select **NEXT** to continue.

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### Judge If It's Right For You

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Suppose you enjoy desserts, but are concerned about your weight. Though many desserts are relatively high in calories and saturated fat, you can still make smart food choices. Here we'll focus on serving size, calories per serving, and saturated fat.

To help you decide which desserts to choose, look at the Nutrition Facts labels.

*(Check the Nutrition Facts labels.)*

Select **NEXT** to continue.

### Nutrition Facts

Serving Size 1/3 cup (113g)  
Servings Per Container 6

#### Amount Per Serving

**Calories** 210      Calories from Fat 35

#### % Daily Value \*

**Total Fat** 3.5g      **5 %**

Saturated Fat 0.5g      **3 %**

Trans Fat 0g

**Cholesterol** 0mg      **0 %**

**Sodium** 200mg      **8 %**

**Total Carbohydrate** 41g      **14 %**

Dietary Fiber 1g      **4 %**

Sugars 23g

**Protein** 2g

Vitamin A      **0 %**

Vitamin C      **4 %**

Calcium      **0 %**

Iron      **2 %**

**A**

### Nutrition Facts

Serving Size 1/9 pie (128g)  
Servings Per Container 9

#### Amount Per Serving

**Calories** 420      Calories from Fat 170

#### % Daily Value \*

**Total Fat** 19g      **29 %**

Saturated Fat 12g      **61 %**

Trans Fat 0g

**Cholesterol** 0mg      **0 %**

**Sodium** 210mg      **9 %**

**Total Carbohydrate** 56g      **19 %**

Dietary Fiber 1g      **4 %**

Sugars 46g

**Protein** 7g

Vitamin A      **0 %**

Vitamin C      **2 %**

Calcium      **20 %**

Iron      **4 %**

**B**

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**NEXT**

### MAKE YOUR CALORIES COUNT

Use the Nutrition Facts Label  
for Healthy Weight  
Management

### Judge If It's Right For You

Think about the serving sizes, calories per serving, and saturated fat.

Which would be the smart choice?

- A. 2/3 cup (2 servings) of Aunt Jane's Apple Crisp
- B. One slice (1/9) of Florida Key Lime Pie

*(Check the Nutrition Facts labels.)*

Submit

A.



B.



Show Labels

Select your answer and then select Submit.

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### MAKE YOUR CALORIES COUNT

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### Judge If It's Right For You

Think about the serving sizes, calories per serving, and saturated fat.

Which would be the smart choice?

- A. 2/3 cup (2 servings) of Aunt Jane's Apple Crisp
- B. One slice (1/9) of Florida Key Lime Pie

*(Check the Nutrition Facts labels.)*

Submit

A.



B.



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Select your answer and then select Submit.

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### MAKE YOUR CALORIES COUNT

#### Judge If It's Right For You

Think about the serving sizes, calories per serving, and saturated fat.

Which would be the smart choice?

- A. 2/3 cup (2 servings) of Aunt Jane's Apple Crisp
- B. One slice (1/9) of Florida Key Lime Pie

*(Check the Nutrition Facts labels.)*

Submit

Select your answer and then select Submit.

#### Nutrition Facts

Serving Size 1/3 cup (113g)  
Servings Per Container 6

Amount Per Serving	
<b>Calories</b> 210	Calories from Fat 35
% Daily Value *	
<b>Total Fat</b> 3.5g	<b>5 %</b>
Saturated Fat 0.5g	<b>3 %</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0 %</b>
<b>Sodium</b> 200mg	<b>8 %</b>
<b>Total Carbohydrate</b> 41g	<b>14 %</b>
Dietary Fiber 1g	<b>4 %</b>
Sugars 23g	
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Vitamin A	<b>0 %</b>
Vitamin C	<b>4 %</b>
Calcium	<b>0 %</b>
Iron	<b>2 %</b>

#### Nutrition Facts

Serving Size 1/9 pie (128g)  
Servings Per Container 9

Amount Per Serving	
<b>Calories</b> 420	Calories from Fat 170
% Daily Value *	
<b>Total Fat</b> 19g	<b>29 %</b>
Saturated Fat 12g	<b>61 %</b>
Trans Fat 0g	
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A

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B

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## MAKE YOUR CALORIES COUNT

### Judge If It's Right For You

Think about the serving sizes, calories per serving, and saturated fat.

Which would be the smart choice?

- A. 2/3 cup (2 servings) of Aunt Jane's Apple Crisp
- B. One slice (1/9) of Florida Key Lime Pie

(Check the Nutrition Facts labels.)

Select **NEXT** to continue.

### Nutrition Facts

Serving Size 1/3 cup (113g)	
Servings Per Container 6	
<b>Amount Per Serving</b>	
<b>Calories</b> 210	Calories from Fat 35
<b>% Daily Value *</b>	
<b>Total Fat</b> 3.5g	<b>5 %</b>
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### Nutrition Facts

Serving Size 1/9 pie (128g)	
Servings Per Container 9	
<b>Amount Per Serving</b>	
<b>Calories</b> 420	Calories from Fat 170
<b>% Daily Value *</b>	
<b>Total Fat</b> 15g	<b>29 %</b>
Saturated Fat 12g	<b>61 %</b>
Trans Fat 0g	
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Calcium	<b>20 %</b>
Iron	<b>4 %</b>

**A**

Hide Labels

**B**

**Incorrect.** Apple crisp is the best choice because it is lower in saturated fat. Did you notice you can eat 2 servings of apple crisp for the same number of calories as 1 serving of the pie? If you want to cut calories to manage your weight, eat only one serving of apple crisp (1/3 cup at 210 calories and only 3% DV for saturated fat). Select **NEXT** to continue to look at these examples more closely.

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### MAKE YOUR CALORIES COUNT

#### Judge If It's Right For You

Think about the serving sizes, calories per serving, and saturated fat.

Which would be the smart choice?

- A. 2/3 cup (2 servings) of Aunt Jane's Apple Crisp
- B. One slice (1/9) of Florida Key Lime Pie

*(Check the Nutrition Facts labels.)*

Select **NEXT** to continue.

#### Nutrition Facts

Serving Size 1/3 cup (113g)	
Servings Per Container 6	
<b>Amount Per Serving</b>	
<b>Calories</b> 210	Calories from Fat 35
<b>% Daily Value *</b>	
<b>Total Fat</b> 3.5g	<b>5 %</b>
Saturated Fat 0.5g	<b>3 %</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0 %</b>
<b>Sodium</b> 200mg	<b>8 %</b>
<b>Total Carbohydrate</b> 41g	<b>14 %</b>
Dietary Fiber 1g	<b>4 %</b>
Sugars 23g	
<b>Protein</b> 2g	
Vitamin A	<b>0 %</b>
Vitamin C	<b>4 %</b>
Calcium	<b>0 %</b>
Iron	<b>2 %</b>

#### Nutrition Facts

Serving Size 1/9 pie (128g)	
Servings Per Container 9	
<b>Amount Per Serving</b>	
<b>Calories</b> 420	Calories from Fat 170
<b>% Daily Value *</b>	
<b>Total Fat</b> 15g	<b>29 %</b>
Saturated Fat 12g	<b>61 %</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0 %</b>
<b>Sodium</b> 210mg	<b>9 %</b>
<b>Total Carbohydrate</b> 56g	<b>19 %</b>
Dietary Fiber 1g	<b>4 %</b>
Sugars 46g	
<b>Protein</b> 7g	
Vitamin A	<b>0 %</b>
Vitamin C	<b>2 %</b>
Calcium	<b>20 %</b>
Iron	<b>4 %</b>

**A**

Hide Labels

**B**

Correct! Apple crisp is the best choice because it is lower in saturated fat. Did you notice you can eat 2 servings of apple crisp for the same number of calories as 1 serving of key lime pie? If you want to cut calories to manage your weight, eat only one serving of apple crisp (1/3 cup at 210 calories and only 3% DV for saturated fat). Select NEXT to continue to look at these examples more closely.

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Let's look at the Baked Apple Crisp and the Key Lime Pie closely. In the 2/3 cup of apple crisp you would actually be getting 2 servings (one serving is 1/3 cup), and two servings would give you 420 calories. One-ninth of the pie is one serving and that also gives you 420 calories. So you'd be getting the same number of calories.

But if you look at saturated fat, 2/3 cup of apple crisp gives you 6%DV, whereas the one-ninth of pie gives you 61%DV of saturated fat - very high.

*(Check the Nutrition Facts labels.)*

Select **NEXT** to continue.

A.



B.



Show Labels

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### MAKE YOUR CALORIES COUNT

#### Judge If It's Right For You

Let's look at the Baked Apple Crisp and the Key Lime Pie closely. In the 2/3 cup of apple crisp you would actually be getting 2 servings (one serving is 1/3 cup), and two servings would give you 420 calories. One-ninth of the pie is one serving and that also gives you 420 calories. So you'd be getting the same number of calories.

But if you look at saturated fat, 2/3 cup of apple crisp gives you 6%DV, whereas the one-ninth of pie gives you 61%DV of saturated fat - very high.

*(Check the Nutrition Facts labels.)*

Select **NEXT** to continue.

#### Nutrition Facts

Serving Size 1/3 cup (113g)	
Servings Per Container 6	
<b>Amount Per Serving</b>	
<b>Calories</b> 210	Calories from Fat 35
<b>% Daily Value *</b>	
<b>Total Fat</b> 3.5g	<b>5 %</b>
Saturated Fat 0.5g	<b>3 %</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0 %</b>
<b>Sodium</b> 200mg	<b>8 %</b>
<b>Total Carbohydrate</b> 41g	<b>14 %</b>
Dietary Fiber 1g	<b>4 %</b>
Sugars 23g	
<b>Protein</b> 2g	
Vitamin A	<b>0 %</b>
Vitamin C	<b>4 %</b>
Calcium	<b>0 %</b>
Iron	<b>2 %</b>

**A**

#### Nutrition Facts

Serving Size 1/9 pie (128g)	
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<b>Total Carbohydrate</b> 56g	<b>19 %</b>
Dietary Fiber 1g	<b>4 %</b>
Sugars 46g	
<b>Protein</b> 7g	
Vitamin A	<b>0 %</b>
Vitamin C	<b>2 %</b>
Calcium	<b>20 %</b>
Iron	<b>4 %</b>

**B**

Hide Labels

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Remember you need to consider both calories and nutrients in terms of how much you will actually eat.

See what happens if you eat multiple servings.

Select and drag the lever.



Calories: 210

%DV Saturated Fat: 3%



One Serving  
1/3 cup

Two Servings  
2/3 cup

Three Servings  
1 cup

Four Servings  
1 1/3 cup

(Amount Consumed)

Select **NEXT** to continue.

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Remember you need to consider both calories and nutrients in terms of how much you will actually eat.

See what happens if you eat multiple servings.

Select and drag the lever.



**Calories: 630**

**%DV Saturated Fat: 9%**



One Serving  
1/3 cup

Two Servings  
2/3 cup

Three Servings  
1 cup

Four Servings  
1 1/3 cup

(Amount Consumed)

Select **NEXT** to continue.

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Packaged one-dish meals can be very convenient, but it's important to know what you're getting - that is, in terms of calories and nutrients.

We're going to look at calories, saturated fat, sodium, calcium and fiber in two products. Compare the food labels to make a smart choice.

*(Check the Nutrition Facts labels.)*

Select **NEXT** to continue.

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B.



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### MAKE YOUR CALORIES COUNT

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### Judge If It's Right For You

Packaged one-dish meals can be very convenient, but it's important to know what you're getting - that is, in terms of calories and nutrients.

We're going to look at calories, saturated fat, sodium, calcium and fiber in two products. Compare the food labels to make a smart choice.

*(Check the Nutrition Facts labels.)*

Select **NEXT** to continue.

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Packaged one-dish meals can be very convenient, but it's important to know what you're getting - that is, in terms of calories and nutrients.

We're going to look at calories, saturated fat, sodium, calcium and fiber in two products.

Compare the food labels to make a smart choice.

*(Check the Nutrition Facts labels.)*

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## Use the Nutrition Facts Label

### Nutrition Facts

Serving Size 1 package (279g)  
Servings Per Container 1

**Amount Per Serving**

**Calories** 390      **Calories from Fat** 210

**% Daily Value \***

**Total Fat** 24g      **36 %**

Saturated Fat 8g      **38 %**

Trans Fat 0g

**Cholesterol** 80mg      **26 %**

**Sodium** 910mg      **38 %**

**Total Carbohydrate** 24g      **8 %**

Dietary Fiber 3g      **11 %**

Sugars 2g

**Protein** 20g

Vitamin A      **2 %**

Vitamin C      **2 %**

Calcium      **4 %**

Iron      **15 %**

**A**

Hide Labels

**B**

### Nutrition Facts

Serving Size 1 package (283g)  
Servings Per Container 1

**Amount Per Serving**

**Calories** 210      **Calories from Fat** 60

**% Daily Value \***

**Total Fat** 6g      **9 %**

Saturated Fat 2g      **8 %**

Trans Fat 0g

**Cholesterol** 10mg      **3 %**

**Sodium** 460mg      **19 %**

**Total Carbohydrate** 32g      **11 %**

Dietary Fiber 7g      **29 %**

Sugars 8g

**Protein** 8g

Vitamin A      **45 %**

Vitamin C      **15 %**

Calcium      **10 %**

Iron      **10 %**

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## MAKE YOUR CALORIES COUNT

Use the Nutrition Facts Label  
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### Judge If It's Right For You

If you are watching your calories, which product would you choose?

- A. Country Meatloaf with Gravy and Mashed Potatoes
- B. New Orleans Three-Bean Chili with Rice

*(Check the Nutrition Facts labels.)*

Submit



Show Labels

Select your answer and then select Submit.

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### MAKE YOUR CALORIES COUNT

#### Judge If It's Right For You

Balance is important. While you want to limit some nutrients, you want to make sure to get enough of others.

Which product would be the smart choice to help you get enough fiber and calcium?

- A. Country Meatloaf with Gravy and Mashed Potatoes
- B. New Orleans Three-Bean Chili with Rice

*(Check the Nutrition Facts labels.)*

Submit

Select your answer and then select Submit.

### Use the Nutrition Facts Label

#### Nutrition Facts

Serving Size 1 package (279g)  
Servings Per Container 1

Amount Per Serving	
<b>Calories</b> 390	Calories from Fat 210
<b>% Daily Value *</b>	
<b>Total Fat</b> 24g	<b>36 %</b>
Saturated Fat 8g	<b>38 %</b>
Trans Fat 0g	
<b>Cholesterol</b> 80mg	<b>26 %</b>
<b>Sodium</b> 910mg	<b>38 %</b>
<b>Total Carbohydrate</b> 24g	<b>8 %</b>
Dietary Fiber 3g	<b>11 %</b>
Sugars 2g	
<b>Protein</b> 20g	
Vitamin A	<b>2 %</b>
Vitamin C	<b>2 %</b>
Calcium	<b>4 %</b>
Iron	<b>15 %</b>

**A**

Hide Labels

**B**

#### Nutrition Facts

Serving Size 1 package (283g)  
Servings Per Container 1

Amount Per Serving	
<b>Calories</b> 210	Calories from Fat 60
<b>% Daily Value *</b>	
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<b>Protein</b> 8g	
Vitamin A	<b>45 %</b>
Vitamin C	<b>15 %</b>
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## MAKE YOUR CALORIES COUNT

### Judge If It's Right For You

If you are watching your calories, which product would you choose?

- A. Country Meatloaf with Gravy and Mashed Potatoes
- B. New Orleans Three-Bean Chili with Rice

(Check the Nutrition Facts labels.)

Select **NEXT** to continue.

### Use the Nutrition Facts Label

#### Nutrition Facts

Serving Size 1 package (279g)  
Servings Per Container 1

Amount Per Serving	
<b>Calories</b> 390	Calories from Fat 210
% Daily Value *	
<b>Total Fat</b> 24g	<b>36</b> %
Saturated Fat 8g	<b>38</b> %
Trans Fat 0g	
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<b>Sodium</b> 910mg	<b>38</b> %
<b>Total Carbohydrate</b> 24g	<b>8</b> %
Dietary Fiber 3g	<b>11</b> %
Sugars 2g	
<b>Protein</b> 20g	
Vitamin A	<b>2</b> %
Vitamin C	<b>2</b> %
Calcium	<b>4</b> %
Iron	<b>15</b> %

#### Nutrition Facts

Serving Size 1 package (283g)  
Servings Per Container 1

Amount Per Serving	
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% Daily Value *	
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Saturated Fat 2g	<b>8</b> %
Trans Fat 0g	
<b>Cholesterol</b> 10mg	<b>3</b> %
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<b>Total Carbohydrate</b> 32g	<b>11</b> %
Dietary Fiber 7g	<b>29</b> %
Sugars 8g	
<b>Protein</b> 8g	
Vitamin A	<b>45</b> %
Vitamin C	<b>15</b> %
Calcium	<b>10</b> %
Iron	<b>10</b> %

**A**

Hide Labels

**B**

**Incorrect.** Look at the labels again. The chili is the smart choice, when limiting calories. The chili is lower in calories - 210, versus 390 calories in the meatloaf.

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### MAKE YOUR CALORIES COUNT

#### Judge If It's Right For You

If you are watching your calories, which product would you choose?

- A. Country Meatloaf with Gravy and Mashed Potatoes
- B. New Orleans Three-Bean Chili with Rice

*(Check the Nutrition Facts labels.)*

Select **NEXT** to continue.

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#### Nutrition Facts

Serving Size 1 package (279g)  
Servings Per Container 1

Amount Per Serving

**Calories** 390 Calories from Fat 210

% Daily Value \*

**Total Fat** 24g **36** %

Saturated Fat 8g **38** %

Trans Fat 0g

**Cholesterol** 80mg **26** %

**Sodium** 910mg **38** %

**Total Carbohydrate** 24g **8** %

Dietary Fiber 3g **11** %

Sugars 2g

**Protein** 20g

Vitamin A **2** %

Vitamin C **2** %

Calcium **4** %

Iron **15** %

#### Use the Nutrition Facts Label

#### Nutrition Facts

Serving Size 1 package (283g)  
Servings Per Container 1

Amount Per Serving

**Calories** 210 Calories from Fat 60

% Daily Value \*

**Total Fat** 6g **9** %

Saturated Fat 2g **8** %

Trans Fat 0g

**Cholesterol** 10mg **3** %

**Sodium** 460mg **19** %

**Total Carbohydrate** 32g **11** %

Dietary Fiber 7g **29** %

Sugars 8g

**Protein** 8g

Vitamin A **45** %

Vitamin C **15** %

Calcium **10** %

Iron **10** %

**A**

Hide Labels

**B**

**Correct! The chili is the smart choice, when limiting calories. The chili is lower in calories - 210, versus 390 calories in the meatloaf.**

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### MAKE YOUR CALORIES COUNT

Use the Nutrition Facts Label  
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Management

### Judge If It's Right For You

Let's take a look at two nutrients  
which you should limit.

Which of these products is  
lower in saturated fat and  
sodium?

- A. Country Meatloaf with  
Gravy and Mashed  
Potatoes
- B. New Orleans  
Three-Bean Chili with  
Rice

*(Check the Nutrition Facts labels.)*

Submit



Show Labels

Select your answer and then select Submit.

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### MAKE YOUR CALORIES COUNT

#### Judge If It's Right For You

Let's take a look at two nutrients which you should limit.

Which of these products is lower in saturated fat and sodium?

- A. Country Meatloaf with Gravy and Mashed Potatoes
- B. New Orleans Three-Bean Chili with Rice

*(Check the Nutrition Facts labels.)*

Submit

Select your answer and then select Submit.

### Use the Nutrition Facts Label

#### Nutrition Facts

Serving Size 1 package (279g)  
Servings Per Container 1

Amount Per Serving	
<b>Calories</b> 390	Calories from Fat 210
<b>% Daily Value *</b>	
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<b>Total Carbohydrate</b> 24g	<b>8 %</b>
Dietary Fiber 3g	<b>11 %</b>
Sugars 2g	
<b>Protein</b> 20g	
Vitamin A	<b>2 %</b>
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Calcium	<b>4 %</b>
Iron	<b>15 %</b>

**A**

Hide Labels

**B**

#### Nutrition Facts

Serving Size 1 package (283g)  
Servings Per Container 1

Amount Per Serving	
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### MAKE YOUR CALORIES COUNT

#### Judge If It's Right For You

Let's take a look at two nutrients which you should limit.

Which of these products is lower in saturated fat and sodium?

- A. Country Meatloaf with Gravy and Mashed Potatoes
- B. New Orleans Three-Bean Chili with Rice

(Check the Nutrition Facts labels.)

Select **NEXT** to continue.

### Use the Nutrition Facts Label

#### Nutrition Facts

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Servings Per Container 1	
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Iron	<b>10 %</b>

**A**

Hide Labels

**B**

Incorrect. The chili is the smart choice for limiting saturated fat intake. The chili is lower in saturated fat (9% DV) than the meatloaf (38% DV) and has half the sodium (19% DV vs 38% DV). Remember that 20% DV or more is high. Many processed foods contain more sodium than fresh or unprocessed foods. So when choosing a packaged one-dish meal, be careful about your sodium for the rest of the day.

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### MAKE YOUR CALORIES COUNT

#### Judge If It's Right For You

Let's take a look at two nutrients which you should limit.

Which of these products is lower in saturated fat and sodium?

- A. Country Meatloaf with Gravy and Mashed Potatoes
- B. New Orleans Three-Bean Chili with Rice

(Check the Nutrition Facts labels.)

Select **NEXT** to continue.

### Use the Nutrition Facts Label

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Sugars 8g	
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Vitamin C	<b>15 %</b>
Calcium	<b>10 %</b>
Iron	<b>10 %</b>

**A**

Hide Labels

**B**

Correct! The chili is the smart choice for limiting saturated fat intake. The chili is lower in saturated fat (9% DV) than the meatloaf (38% DV) and has half the sodium (19% DV vs 38% DV). Remember that 20% DV or more is high. Many processed foods contain more sodium than fresh or unprocessed foods. So when choosing a packaged one-dish meal, be careful about your sodium for the rest of the day.

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### MAKE YOUR CALORIES COUNT

Use the Nutrition Facts Label  
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### Judge If It's Right For You

Balance is important. While you want to limit some nutrients, you want to make sure to get enough of others.

**Which product would be the smart choice to help you get enough fiber and calcium?**

- A. Country Meatloaf with Gravy and Mashed Potatoes
- B. New Orleans Three-Bean Chili with Rice

*(Check the Nutrition Facts labels.)*

Submit



Show Labels

Select your answer and then select Submit.

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### MAKE YOUR CALORIES COUNT

#### Judge If It's Right For You

Balance is important. While you want to limit some nutrients, you want to make sure to get enough of others.

Which product would be the smart choice to help you get enough fiber and calcium?

- A. Country Meatloaf with Gravy and Mashed Potatoes
- B. New Orleans Three-Bean Chili with Rice

*(Check the Nutrition Facts labels.)*

Submit

Select your answer and then select Submit.

### Use the Nutrition Facts Label

#### Nutrition Facts

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Vitamin A	<b>2 %</b>
Vitamin C	<b>2 %</b>
Calcium	<b>4 %</b>
Iron	<b>15 %</b>

**A**

Hide Labels

**B**

#### Nutrition Facts

Serving Size 1 package (283g)  
Servings Per Container 1

Amount Per Serving	
<b>Calories</b> 210	Calories from Fat 60
<b>% Daily Value *</b>	
<b>Total Fat</b> 6g	<b>9 %</b>
Saturated Fat 2g	<b>8 %</b>
Trans Fat 0g	
<b>Cholesterol</b> 10mg	<b>3 %</b>
<b>Sodium</b> 460mg	<b>19 %</b>
<b>Total Carbohydrate</b> 32g	<b>11 %</b>
Dietary Fiber 7g	<b>29 %</b>
Sugars 8g	
<b>Protein</b> 8g	
Vitamin A	<b>45 %</b>
Vitamin C	<b>15 %</b>
Calcium	<b>10 %</b>
Iron	<b>10 %</b>

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### MAKE YOUR CALORIES COUNT

#### Judge If It's Right For You

Balance is important. While you want to limit some nutrients, you want to make sure to get enough of others.

Which product would be the smart choice to help you get enough fiber and calcium?

- A. Country Meatloaf with Gravy and Mashed Potatoes
- B. New Orleans Three-Bean Chili with Rice

*(Check the Nutrition Facts labels.)*

Select **NEXT** to continue.

### Use the Nutrition Facts Label

#### Nutrition Facts

Serving Size 1 package (279g)	
Servings Per Container 1	
<b>Amount Per Serving</b>	
<b>Calories</b> 390	Calories from Fat 210
<b>% Daily Value *</b>	
<b>Total Fat</b> 24g	<b>36 %</b>
Saturated Fat 8g	<b>38 %</b>
Trans Fat 0g	
<b>Cholesterol</b> 80mg	<b>26 %</b>
<b>Sodium</b> 910mg	<b>38 %</b>
<b>Total Carbohydrate</b> 24g	<b>8 %</b>
Dietary Fiber 3g	<b>11 %</b>
Sugars 2g	
<b>Protein</b> 20g	
Vitamin A	<b>2 %</b>
Vitamin C	<b>2 %</b>
Calcium	<b>4 %</b>
Iron	<b>15 %</b>

#### Nutrition Facts

Serving Size 1 package (283g)	
Servings Per Container 1	
<b>Amount Per Serving</b>	
<b>Calories</b> 210	Calories from Fat 60
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Sugars 8g	
<b>Protein</b> 8g	
Vitamin A	<b>45 %</b>
Vitamin C	<b>15 %</b>
Calcium	<b>10 %</b>
Iron	<b>10 %</b>

**A**

Hide Labels

**B**

**Incorrect.** Look at the labels again. The chili is the smart choice for nutrients you want to get enough of. The chili is higher in fiber (29%DV) than the meatloaf (11%DV). It is also higher in calcium (10%DV vs 4%DV in the meatloaf).

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### MAKE YOUR CALORIES COUNT

#### Judge If It's Right For You

Balance is important. While you want to limit some nutrients, you want to make sure to get enough of others.

Which product would be the smart choice to help you get enough fiber and calcium?

- A. Country Meatloaf with Gravy and Mashed Potatoes
- B. New Orleans Three-Bean Chili with Rice

*(Check the Nutrition Facts labels.)*

Select **NEXT** to continue.

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#### Nutrition Facts

Serving Size 1 package (279g)  
Servings Per Container 1

Amount Per Serving

**Calories** 390      Calories from Fat 210

**% Daily Value \***

**Total Fat** 24g      **36 %**

Saturated Fat 8g      **38 %**

Trans Fat 0g

**Cholesterol** 80mg      **26 %**

**Sodium** 910mg      **38 %**

**Total Carbohydrate** 24g      **8 %**

Dietary Fiber 3g      **11 %**

Sugars 2g

**Protein** 20g

Vitamin A      **2 %**

Vitamin C      **2 %**

Calcium      **4 %**

Iron      **15 %**

**A**

Hide Labels

**B**

#### Use the Nutrition Facts Label

#### Nutrition Facts

Serving Size 1 package (283g)  
Servings Per Container 1

Amount Per Serving

**Calories** 210      Calories from Fat 60

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**Sodium** 460mg      **19 %**

**Total Carbohydrate** 22g      **11 %**

Dietary Fiber 7g      **29 %**

Sugars 8g

**Protein** 8g

Vitamin A      **45 %**

Vitamin C      **15 %**

Calcium      **10 %**

Iron      **10 %**

**Correct!** The chili is the smart choice for nutrients you want to get enough of. The chili is higher in fiber (29%DV) than the meatloaf (11%DV). It is also higher in calcium (10%DV vs 4%DV in the meatloaf).

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## MAKE YOUR CALORIES COUNT

Use the Nutrition Facts Label for Healthy Weight Management

### Judge If It's Right For You

Let's pull everything together. When you look at the table below, there is a clear answer - the chili is the smart choice. However, when comparing other foods in the grocery store, a wise choice may not be so obvious. You'll have to judge by using the entire Nutrition Facts label, and weigh your other choices for the rest of the day.

A.



B.



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	Country Meatloaf	New Orleans Chili
<b>Calories</b>	higher	lower
<b>Saturated Fat</b>	higher	lower
<b>Sodium</b>	higher	lower
<b>Fiber</b>	lower	higher
<b>Calcium</b>	lower	higher

Show Labels

Select **NEXT** to continue.

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### MAKE YOUR CALORIES COUNT

#### Judge If It's Right For You

Let's pull everything together. When you look at the table below, there is a clear answer - the chili is the smart choice. However, when comparing other foods in the grocery store, a wise choice may not be so obvious. You'll have to judge by using the entire Nutrition Facts label, and weigh your other choices for the rest of the day.

	Country Meatloaf	New Orleans Chili
<b>Calories</b>	higher	lower
<b>Saturated Fat</b>	higher	lower
<b>Sodium</b>	higher	lower
<b>Fiber</b>	lower	higher
<b>Calcium</b>	lower	higher

#### Nutrition Facts

Serving Size 1 package (279g)  
Servings Per Container 1

**Amount Per Serving**

**Calories** 390 Calories from Fat 210

**% Daily Value \***

**Total Fat** 24g **36 %**

**Saturated Fat** 8g **38 %**

*Trans Fat* 0g

**Cholesterol** 80mg **26 %**

**Sodium** 910mg **38 %**

**Total Carbohydrate** 21g **8 %**

**Dietary Fiber** 3g **11 %**

**Sugars** 2g

**Protein** 20g

Vitamin A **2 %**

Vitamin C **2 %**

**Calcium** **4 %**

**Iron** **15 %**

#### Use the Nutrition Facts Label

#### Nutrition Facts

Serving Size 1 package (283g)  
Servings Per Container 1

**Amount Per Serving**

**Calories** 210 Calories from Fat 60

**% Daily Value \***

**Total Fat** 8g **9 %**

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**Cholesterol** 10mg **3 %**

**Sodium** 460mg **19 %**

**Total Carbohydrate** 22g **11 %**

**Dietary Fiber** 7g **29 %**

**Sugars** 8g

**Protein** 8g

Vitamin A **45 %**

Vitamin C **15 %**

**Calcium** **10 %**

**Iron** **10 %**

**A**

Hide Labels

**B**

Select **NEXT** to continue.

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## MAKE YOUR CALORIES COUNT

Use the Nutrition Facts Label  
for Healthy Weight  
Management

### Judge If It's Right For You

It doesn't have to be difficult to judge if a food is right for you. It's only three steps:

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#### 1. Size up your serving

- \* What is the serving size?
- \* How many servings are you eating? (1/2, 1, 2 or more?)
- \* How many calories are listed in a single serving? (is it high or low in calories)
- \* How many calories are in the amount you actually eat?

#### 2. See what's in it for you:

**Use the Quick Guide to %DV: 5% DV or less is low and 20% DV or more is high.**

- \* Is this a wise food choice in terms of the nutrients you want to get enough of or ones you want to limit?

#### 3. Judge if it's right for you

- \* Is this a wise food choice in terms of calories? (Remember that 400 calories/serving or more is high)
- \* Is it a wise choice in terms of nutrients?
- \* Is this a wise choice for a single food; a snack; a meal?
- \* Should you look for an alternative?

Select **NEXT** to continue.

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## MAKE YOUR CALORIES COUNT

Use the Nutrition Facts Label  
for Healthy Weight  
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### Judge If It's Right For You

Introduction

The question of whether a food is right for you ultimately depends on many factors.

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Size Up Your  
Serving &  
Calories

These may include whether you are trying to gain, lose, or maintain your weight; how many calories you need each day based on age, gender, and level of physical activity; and any special health or dietary concerns you may have.

2

See What's In  
It For You

3

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A food you like may still be part of a healthy daily diet - if eaten in moderation and balanced by other smart choices throughout the day.

Use the Nutrition Facts label to make those choices easier... **And to make your calories count!**

Congratulations! You have finished the program. The next few pages contain a glossary and web links to nutrition and health information.

Select **NEXT** to explore another topic.

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