



**Saturated Fat**

**Nutrition Facts**

**Calories**

**Sodium**

**Fiber**

**Calcium**

**SODA**

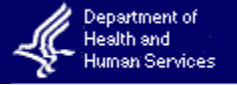
**Nut & Honey Nuggets**

**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...**

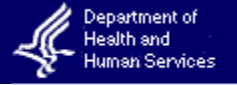
**How do you know what to do?**

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**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

Introduction

1

Size Up Your Serving & Calories

2

See What's In It For You

3

Judge If It's Right For You

Glossary

Resources

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

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

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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

Select **NEXT** to continue.

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**NEXT**





## MAKE YOUR CALORIES COUNT

Use the Nutrition Facts Label for Healthy Weight Management

### Three Simple Steps

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Size Up Your Serving & Calories

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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 %

Saturat 2g 4 %

Trans 0g 0 %

Choles 35mg 7 %

Sodium 10mg 2 %

Total Carbohydrate 31g 10 %

Dietary Fiber 0g 0 %

Sugars 5g 10 %

Total Protein 5g 10 %

Vitamin A 4 %

Vitamin C 2 %

Calcium 20 %

Iron 4 %

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

Calories: 2,000 2,500

Total Fat Less than 65g 80g

Sat Fat Less than 20g 25g

Cholesterol Less than 300mg 300mg

Sodium Less than 2,400mg 2,400mg

Total Carbohydrate 300g 375g

Dietary Fiber 25g 30g

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

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

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