
TASTES GOOD
Nut&Honey
Nuggets
LOW FAT &
GOOD SOURCE of
FIBER
Saturated Fat
SODA
Nutrition Facts
Calories
Sodium
Fiber
Calcium
Dairyland's Best
Low Fat
CHOCOLATE
MILK
Skip Intro

Serving Size

Low

High

Get enough?

Limit?

Healthy

Skip Intro

Eating smart --

maintaining a healthy weight --

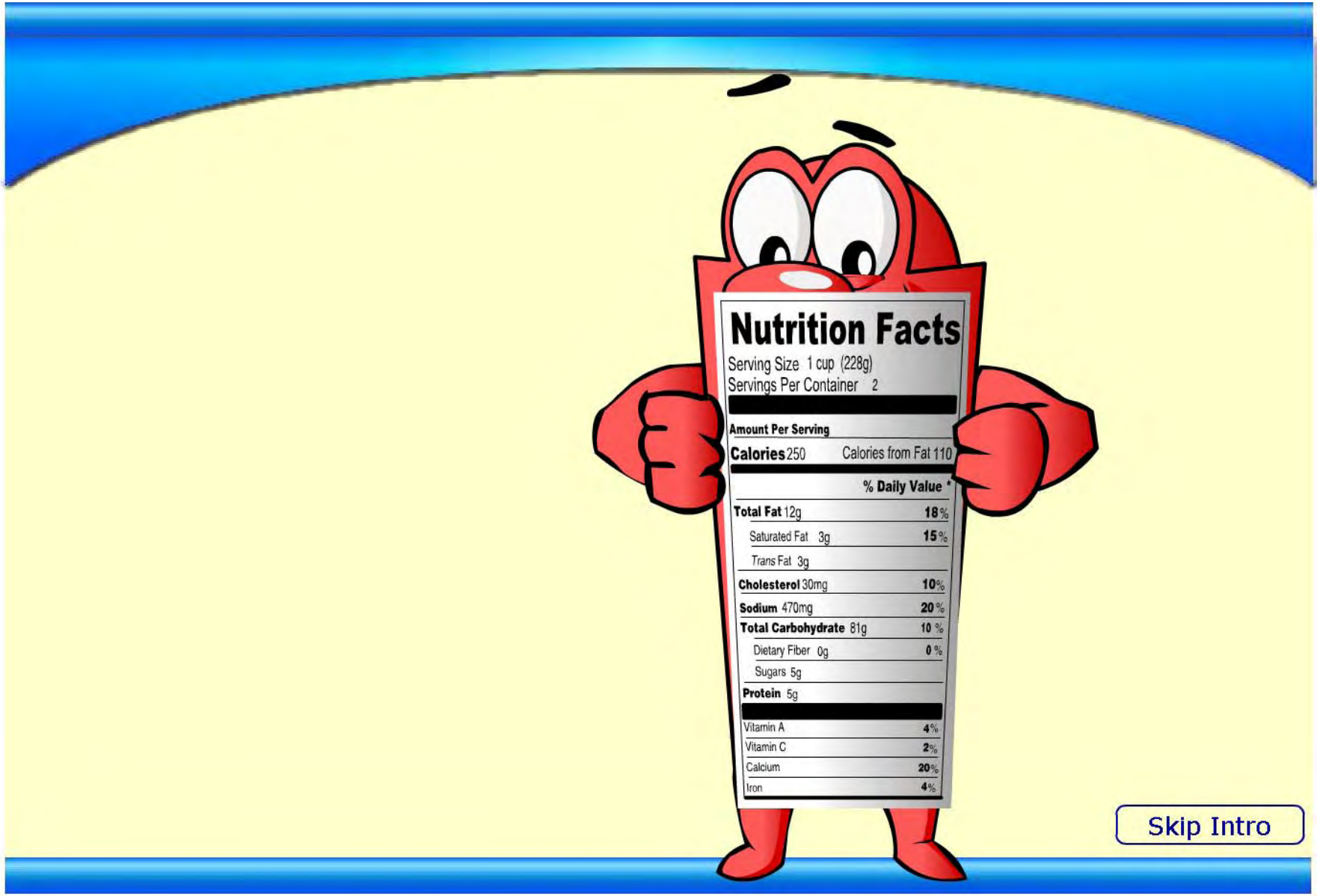
sounds great, doesn't it?

Skip Intro

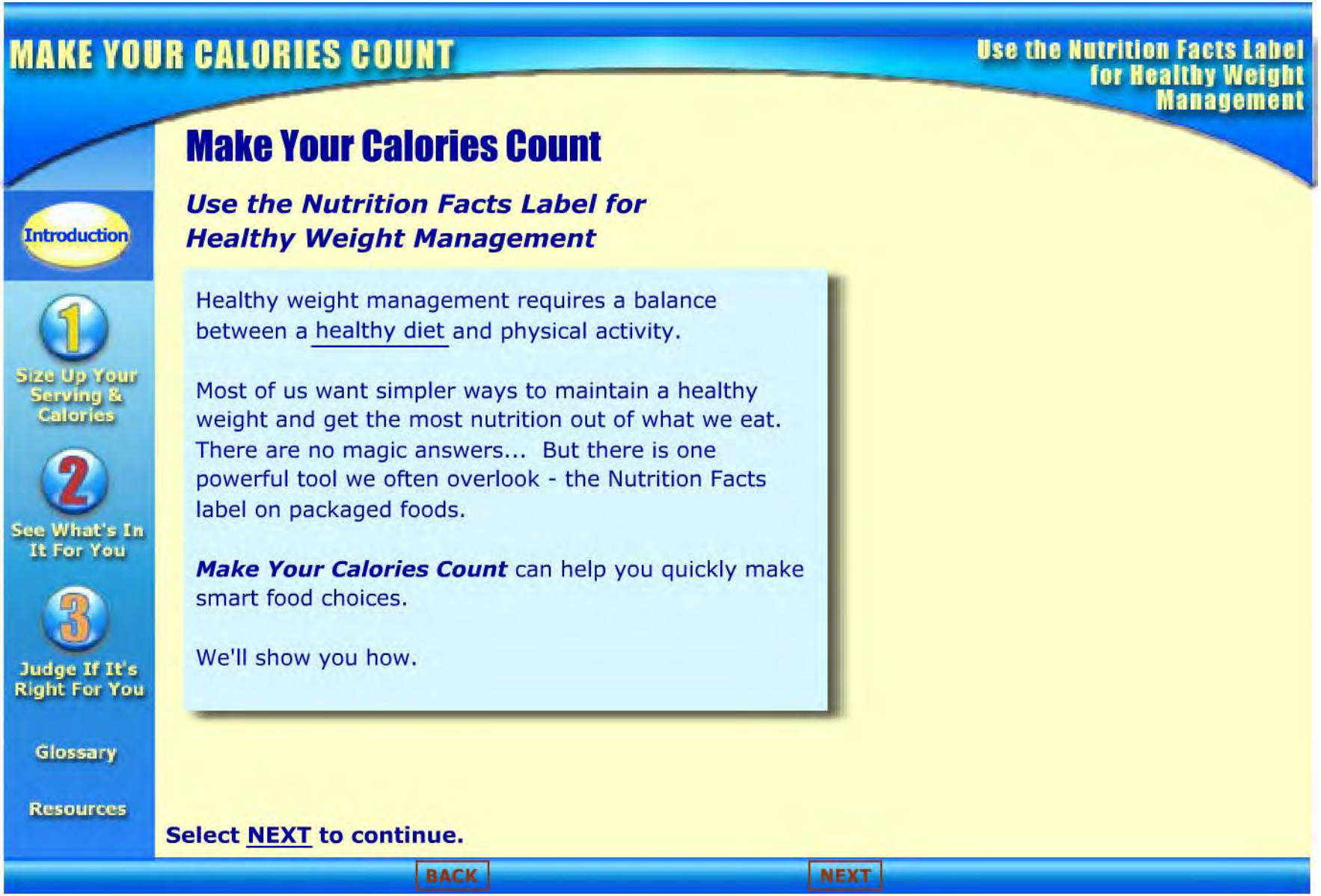
But there are so many choices...

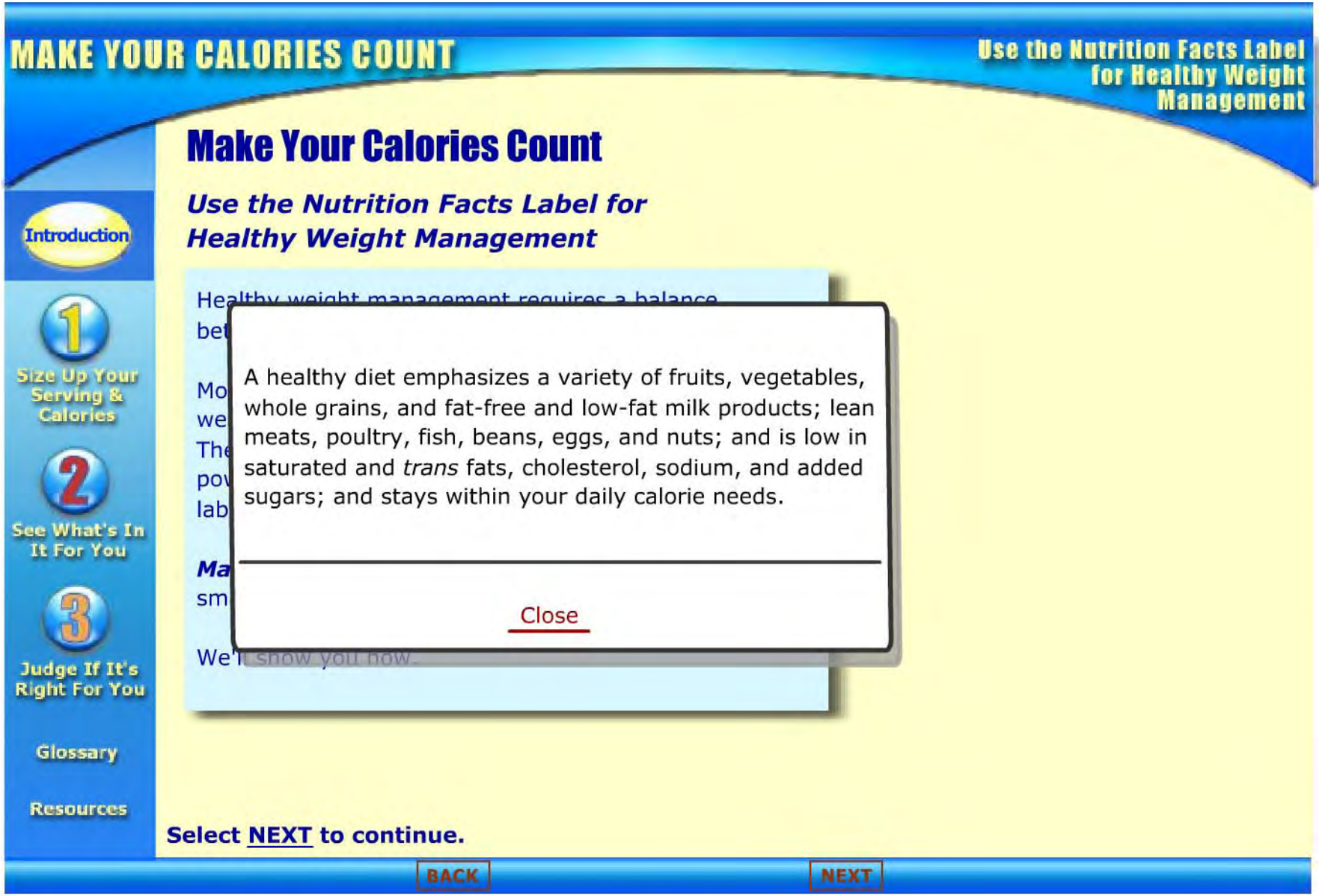
How do you know what to do?

Skip Intro


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 81g 10%
Dietary Fiber 0g 0%
Sugars 5g
Protein 5g
Vitamin A 4%
Vitamin C 2%
Calcium 20%
Iron 4%
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.
BACK
NEXT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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.
Close
Select NEXT to continue.
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MAKE YOUR CALORIES COUNT

Use the Nutrition Facts Label for Healthy Weight Management

Three Simple Steps

Introduction

1 Size Up Your Serving & Calories

2 See What's In It For You

3 Judge If It's Right For You

Glossary

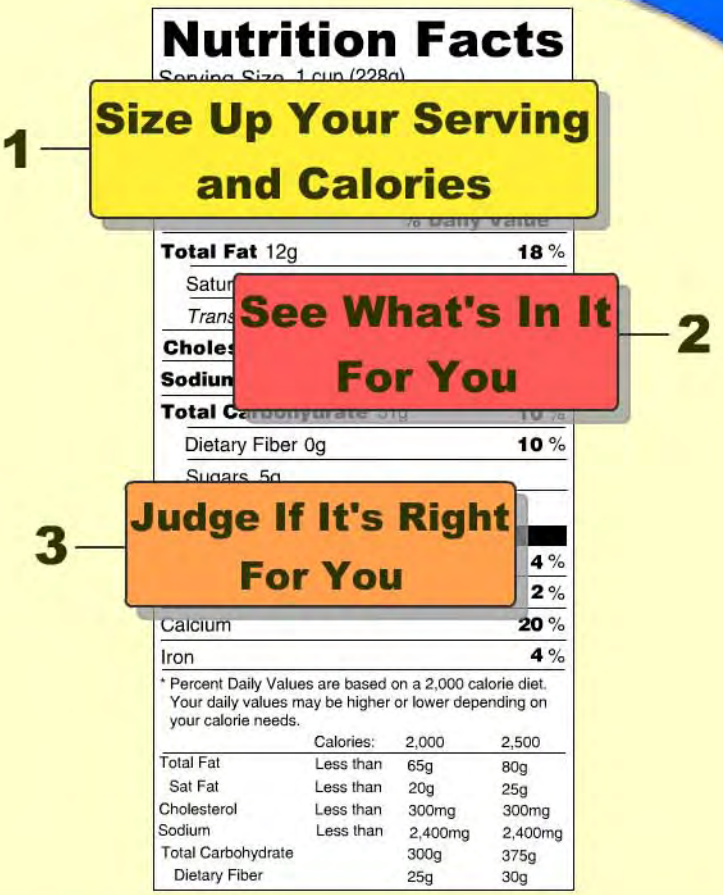
Resources

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.

BACK NEXT