



Saturated Fat

Nutrition Facts

Calories

Sodium

Fiber

Calcium

SODA

Nut & Honey Nuggets

Dairyland's Best Low Fat CHOCOLATE MILK

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Serving Size

Low

High

Get enough?

Limit?

Healthy



Skip Intro



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

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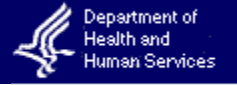
But there are so many choices...

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	
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%

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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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Size Up Your Serving & Calories

2

See What's In It For You

3

Judge If It's Right For You

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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.

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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.

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Select **NEXT** to continue.

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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 %

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 4g 8 %

Vitamin A 4 %

Vitamin C 2 %

Calcium 20 %

Iron 4 %

* Percent Daily Values are based on a diet of other people's misdeeds.

Your daily values may be higher or lower depending on your calorie needs.

Calories: 2,000 2,500

Total Fat Less than 65g 80g

Sat Fat Less than 20g 25g

Cholesterol Less than 300mg 300mg

Sodium Less than 2,400mg 2,400mg

Total Carbohydrate 300g 375g

Dietary Fiber 25g 30g

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

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

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