

Hand Card Booklet



Hand Card 1

Fast-food or pizza places

Restaurants with waiter or waitress service

All-you-can-eat buffets

Places that sell mostly beverages such as a
coffee shop or juice bar

Movie theaters, sports arenas, or other places
of recreation

Grocery stores

Convenience stores

Hand Card 2

- A. Less than 500 Calories
- B. 500-1000 Calories
- C. 1001-1500 Calories
- D. 1501-2000 Calories
- E. 2001-2500 Calories
- F. 2501-3000 Calories
- G. More than 3000 Calories

Hand Card 3

Always

Most of the time

Sometimes

Rarely

Never

Hand Card 4

Sample health claim in food labels



Hand Card 5

Always

Most of the time

Sometimes

Rarely

Never

Hand Card 6

Sample Food Label

Nutrition Facts
Panel



Nutrition Facts			
Serving Size 1 cup (255g)			
Servings Per Container About 2			
Amount Per Serving			
Calories 220		Calories from Fat 40	
		% Daily Value*	
Total Fat	5g		7%
Saturated Fat	2g		10%
Trans Fat	0g		
Cholesterol	15mg		5%
Sodium	240mg		10%
Total Carbohydrate	35g		12%
Dietary Fiber	6g		24%
Sugars	7g		
Protein	9g		
Vitamin A 5%			
Vitamin C 20%			
Calcium 20%			
Iron 8%			
* 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
Calories per gram:			
Fat	9	Carbohydrate	4
		Protein	4

INGREDIENTS: WATER, POTATOES,

Hand Card 6

Always

Most of the time

Sometimes

Rarely

Never

Hand Card 8 Hand Card 7

Sample Food Label

Nutrition Facts			
Serving Size 1 cup (255g)			
Servings Per Container About 2			
Amount Per Serving			
Calories 220		Calories from Fat 40	
% Daily Value*			
Total Fat 5g		7%	
Saturated Fat 2g		10%	
Trans Fat 0g			
Cholesterol 15mg		5%	
Sodium 240mg		10%	
Total Carbohydrate 35g		12%	
Dietary Fiber 6g		24%	
Sugars 7g			
Protein 9g			
Vitamin A 5%			
Vitamin C 20%			
Calcium 20%			
Iron 8%			
* 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
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

INGREDIENTS: WATER, POTATOES, COOKED BEANS, CORN STARCH, WHEAT FLOUR, SOYBEAN OIL, PARMESAN CHEESE, ONION POWDER, NATURAL FLAVOR, SODIUM PHOSPHATES.



List of
Ingredients

Hand Card 9

Always

Most of the time

Sometimes

Rarely

Never

Hand Card 10

Sample Food Label

Serving Size ←

Nutrition Facts			
Serving Size 1 cup (255g)			
Servings Per Container About 2			
Amount Per Serving			
Calories 220		Calories from Fat 40	
% Daily Value*			
Total Fat 5g		7%	
Saturated Fat 2g		10%	
Trans Fat 0g			
Cholesterol 15mg		5%	
Sodium 240mg		10%	
Total Carbohydrate 35g		12%	
Dietary Fiber 6g		24%	
Sugars 7g			
Protein 9g			
Vitamin A		5%	
Vitamin C		20%	
Calcium		20%	
Iron		8%	
* 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
Calories per gram:			
Fat 9	•	Carbohydrate 4	• Protein 4

INGREDIENTS: WATER, POTATOES, COOKED BEANS, CORN STARCH, WHEAT FLOUR, SOYBEAN OIL, PARMESAN CHEESE, ONION POWDER, NATURAL FLAVOR, SODIUM PHOSPHATES.

Hand Card 11

Always

Most of the time

Sometimes

Rarely

Never

Hand Card 12

Sample Food Label

Number of
servings per
package



Nutrition Facts			
Serving Size 1 cup (255g)			
Servings Per Container About 2			
Amount Per Serving			
Calories 220		Calories from Fat 40	
		% Daily Value*	
Total Fat	5g		7%
Saturated Fat	2g		10%
Trans Fat	0g		
Cholesterol	15mg		5%
Sodium	240mg		10%
Total Carbohydrate	35g		12%
Dietary Fiber	6g		24%
Sugars	7g		
Protein	9g		
Vitamin A			5%
Vitamin C			20%
Calcium			20%
Iron			8%
* 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
Calories per gram:			
Fat 9	•	Carbohydrate 4	• Protein 4

INGREDIENTS: WATER, POTATOES,

Hand Card 13

Always

Most of the time

Sometimes

Rarely

Never

Hand Card 14

Sample Food Label

Nutrition Facts

Serving Size 1 cup (255g)

Servings Per Container About 2

Amount Per Serving

Calories 220 Calories from Fat 40

% Daily Value*

Total Fat 5g **7%**

Saturated Fat 2g **10%**

Trans Fat 0g

Cholesterol 15mg **5%**

Sodium 240mg **10%**

Total Carbohydrate 35g **12%**

Dietary Fiber 6g **24%**

Sugars 7g

Protein 9g

Vitamin A 5%

Vitamin C 20%

Calcium 20%

Iron 8%

* 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
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Total Fat	Less than	65g	80g
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Sat Fat	Less than	20g	25g
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Cholesterol	Less than	300mg	300mg
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Sodium	Less than	2,400mg	2,400mg
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Total Carbohydrate		300g	375g
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Dietary Fiber		25g	30g
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Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Footnote



INGREDIENTS: WATER, POTATOES,
COOKED BEANS, CORN STARCH, WHEAT
FLOUR, SOYBEAN OIL, PARMESAN
CHEESE, ONION POWDER, NATURAL
FLAVOR, SODIUM PHOSPHATES.

Hand Card 15

Always

Most of the time

Sometimes

Rarely

Never

Hand Card 16

Hand Card 15

Sample Food Label

Nutrition Facts			
Serving Size 1 cup (255g)			
Servings Per Container About 2			
Amount Per Serving			
Calories 220		Calories from Fat 40	
		% Daily Value*	
Total Fat	5g		7%
Saturated Fat	2g		10%
Trans Fat	0g		
Cholesterol	15mg		5%
Sodium	240mg		10%
Total Carbohydrate	35g		12%
Dietary Fiber	6g		24%
Sugars	7g		
Protein	9g		
Vitamin A			5%
Vitamin C			20%
Calcium			20%
Iron			8%
* 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
Calories per gram:			
Fat	9	Carbohydrate	4 • Protein 4

Percent Daily Value

INGREDIENTS: WATER, POTATOES, COOKED BEANS, CORN STARCH, WHEAT FLOUR, SOYBEAN OIL, PARMESAN CHEESE, ONION POWDER, NATURAL FLAVOR, SODIUM PHOSPHATES.

Hand Card 17

Always

Most of the time

Sometimes

Rarely

Never

Hand Card 18

Sample Food Label

Amount of the
nutrient

Nutrition Facts			
Serving Size 1 cup (255g)			
Servings Per Container About 2			
Amount Per Serving			
Calories 220		Calories from Fat 40	
		% Daily Value*	
Total Fat	5g		7%
Saturated Fat	2g		10%
Trans Fat	0g		
Cholesterol	15mg		5%
Sodium	240mg		10%
Total Carbohydrate	35g		12%
Dietary Fiber	6g		24%
Sugars	7g		
Protein	9g		
Vitamin A			
			5%
Vitamin C			
			20%
Calcium			
			20%
Iron			
			8%
* 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
Calories per gram:			
Fat	9	Carbohydrate	4
		Protein	4

Percent
Daily Value

INGREDIENTS: WATER, POTATOES,
COOKED BEANS, CORN STARCH, WHEAT
FLOUR, SOYBEAN OIL, PARMESAN
CHEESE, ONION POWDER, NATURAL
FLAVOR, SODIUM PHOSPHATES.

Hand Card 19

When deciding to buy a food product, between the **percent daily value** and the **amount of nutrients** on a food label

I use....

- Only percent daily value
- Percent daily value more often
- Both percent daily value and the amount of nutrients about the same
- The amount of nutrients more often
- Only the amount of nutrients

Hand Card 20

Sample Food Label

Amount of the
nutrient

Nutrition Facts			
Serving Size 1 cup (255g)			
Servings Per Container About 2			
Amount Per Serving			
Calories 220		Calories from Fat 40	
		% Daily Value*	
Total Fat	5g		7%
Saturated Fat	2g		10%
Trans Fat	0g		
Cholesterol	15mg		5%
Sodium	240mg		10%
Total Carbohydrate	35g		12%
Dietary Fiber	6g		24%
Sugars	7g		
Protein	9g		
Vitamin A 5%			
Vitamin C 20%			
Calcium 20%			
Iron 8%			
* 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
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

Percent
Daily Value

INGREDIENTS: WATER, POTATOES, COOKED BEANS, CORN STARCH, WHEAT FLOUR, SOYBEAN OIL, PARMESAN CHEESE, ONION POWDER, NATURAL FLAVOR, SODIUM PHOSPHATES.

Hand Card 21

When deciding to buy a food product,
between the **percent daily value** and the
amount of nutrients on a food label

I use....

- Only the amount of nutrients
- The amount of nutrients more often
- Both the amount of nutrients and percent daily value about the same
- Percent daily value more often

- Only percent daily value

Hand Card 22

Sample Food Label

Nutrition Facts	
Serving Size 1 cup (255g)	
Servings Per Container About 2	
Amount Per Serving	
Calories 220	Calories from Fat 40
% Daily Value*	
Total Fat 5g	7%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 240mg	10%
Total Carbohydrate 35g	12%
Dietary Fiber 6g	24%
Sugars 7g	
Protein 9g	
Vitamin A	5%
Vitamin C	20%
Calcium	20%
Iron	8%
* 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
Calories per gram:	
Fat 9	• Carbohydrate 4 • Protein 4

INGREDIENTS: WATER, POTATOES,
COOKED BEANS, CORN STARCH, WHEAT
FLOUR, SOYBEAN OIL, PARMESAN
CHEESE, ONION POWDER, NATURAL
FLAVOR, SODIUM PHOSPHATES.

Hand Card 23

- 5 percent of the calories in one serving of the product come from Vitamin A
- One serving of the product contains 5 percent Vitamin A by weight
- One serving of the product supplies 5 percent of the Vitamin A you should have in a day

Hand Card 24

Sample Food Label

Nutrition Facts	
Serving Size 1 cup (255g)	
Servings Per Container About 2	
Amount Per Serving	
Calories 220	Calories from Fat 40
% Daily Value*	
Total Fat 5g	7%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 240mg	10%
Total Carbohydrate 35g	12%
Dietary Fiber 6g	24%
Sugars 7g	
Protein 9g	
Vitamin A	5%
Vitamin C	20%
Calcium	20%
Iron	8%
* 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
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

INGREDIENTS: WATER, POTATOES, COOKED BEANS, CORN STARCH, WHEAT FLOUR, SOYBEAN OIL, PARMESAN CHEESE, ONION POWDER, NATURAL FLAVOR, SODIUM PHOSPHATES.

Hand Card 25

- One serving of the product supplies 5 percent of the Vitamin A you should have in a day
- One serving of the product contains 5 percent Vitamin A by weight
- 5 percent of the calories in one serving of the product come from Vitamin A

Hand Card 26

Sample Food Label

Nutrition Facts			
Serving Size 1 cup (255g)			
Servings Per Container About 2			
Amount Per Serving			
Calories 220		Calories from Fat 40	
% Daily Value*			
Total Fat 5g		7%	
Saturated Fat 2g		10%	
Trans Fat 0g			
Cholesterol 15mg		5%	
Sodium 240mg		10%	
Total Carbohydrate 35g		12%	
Dietary Fiber 6g		24%	
Sugars 7g			
Protein 9g			
Vitamin A		5%	
Vitamin C		20%	
Calcium		20%	
Iron		8%	
* 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
Calories per gram:			
Fat 9	•	Carbohydrate 4	• Protein 4

INGREDIENTS: WATER, POTATOES, COOKED BEANS, CORN STARCH, WHEAT FLOUR, SOYBEAN OIL, PARMESAN CHEESE, ONION POWDER, NATURAL FLAVOR, SODIUM PHOSPHATES.

Hand Card 27

Always

Most of the time

Sometimes

Rarely

Never

Hand Card 28

Sample Food Label

Nutrition Facts			
Serving Size 1 cup (255g)			
Servings Per Container About 2			
Amount Per Serving			
Calories 220		Calories from Fat 40	
		% Daily Value*	
Total Fat	5g	7%	
Saturated Fat	2g	10%	
Trans Fat	0g		
Cholesterol	15mg	5%	
Sodium	240mg	10%	
Total Carbohydrate	35g	12%	
Dietary Fiber	6g	24%	
Sugars	7g		
Protein	9g		
Vitamin A		5%	
Vitamin C		20%	
Calcium		20%	
Iron		8%	
* 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
Calories per gram:			
Fat	9	Carbohydrate	4
		Protein	4

INGREDIENTS: WATER, POTATOES, COOKED BEANS, CORN STARCH, WHEAT FLOUR, SOYBEAN OIL, PARMESAN CHEESE, ONION POWDER, NATURAL FLAVOR, SODIUM PHOSPHATES.

Hand Card 29

Always

Most of the time

Sometimes

Rarely

Never

Hand Card 30

Sample Food Label

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%
<small>* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

INGREDIENTS: WATER, POTATOES,
COOKED BEANS, CORN STARCH, WHEAT
FLOUR, SOYBEAN OIL, PARMESAN
CHEESE, ONION POWDER, NATURAL
FLAVOR, SODIUM PHOSPHATES.

Hand Card 31

Always

Most of the time

Sometimes

Rarely

Never

Hand Card 32

Sample Food Label

Nutrition Facts			
Serving Size 1 cup (255g)			
Servings Per Container About 2			
Amount Per Serving			
Calories 220		Calories from Fat 40	
		% Daily Value*	
Total Fat	5g	7%	
Saturated Fat	2g	10%	
Trans Fat	0g		
Cholesterol	15mg	5%	
Sodium	240mg	10%	
Total Carbohydrate	35g	12%	
Dietary Fiber	6g	24%	
Sugars	7g		
Protein	9g		
Vitamin A		5%	
Vitamin C		20%	
Calcium		20%	
Iron		8%	
* 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
Calories per gram:			
Fat	9	Carbohydrate	4
		Protein	4

INGREDIENTS: WATER, POTATOES, COOKED BEANS, CORN STARCH, WHEAT FLOUR, SOYBEAN OIL, PARMESAN CHEESE, ONION POWDER, NATURAL FLAVOR, SODIUM PHOSPHATES.

Hand Card 33

Always

Most of the time

Sometimes

Rarely

Never

Hand Card 34 Hand Card 32

Sample food label with two columns

Nutrition Facts		
Serving Size 1 cup (255g)		
Servings Per Container About 2		
	Per Serving	Per Container
Calories	220	440
	% Daily Value*	% Daily Value*
Total Fat	5g 7%	10g 14%
Saturated Fat	2g 10%	4g 20%
Trans Fat	0g	0g
Cholesterol	15mg 5%	30mg 10%
Sodium	240mg 10%	480mg 20%
Total Carbohydrate	35g 12%	70g 24%
Dietary Fiber	6g 24%	12g 48%
Sugars	7g	14g
Protein	9g	18g
Vitamin A	5%	10%
Vitamin C	20%	40%
Calcium	20%	40%
Iron	8%	16%

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

Hand Card 35

Always

Most of the time

Sometimes

Rarely

Never

Never seen

Hand Card 36

The reason(s) that I check the food label when deciding to buy a food product is/are...

- To watch my weight/lose weight
- A family member is trying to watch weight/lose weight
- To watch for diabetes, high triglycerides, high cholesterol, high blood pressure or other health conditions
- A family member has a health condition (for example, diabetes, high triglycerides, high cholesterol, high blood pressure, etc)
- I am allergic to certain food(s)
- A family member has food allergies
- To avoid certain ingredients (such as MSG, high fructose corn syrup, color dyes, artificial preservatives, or hydrogenated oils, etc)
- To increase certain nutrients in my/family's diet (such as fiber, calcium, etc)
- To compare which brand/food is better/healthier
- To make better/healthier choices for me/my family
- To watch for calorie content or certain nutrients (such as sodium, trans fat, sugar, carbohydrates, or protein, etc.)
- Other (please specify)

Hand Card 37

The reason(s) that I check the food label when deciding to buy a food product is/are...

- To compare which brand/food is better/healthier
- To make better/healthier choices for me/my family
- To avoid certain ingredients (such as MSG, high fructose corn syrup, color dyes, artificial preservatives, or hydrogenated oils, etc)
- A family member has a health condition (for example, diabetes, high triglycerides, high cholesterol, high blood pressure, etc)
- I am allergic to certain food(s)
- A family member has food allergies
- To watch for diabetes, high triglycerides, high cholesterol, high blood pressure or other health conditions
- To increase certain nutrients in my/family's diet (such as fiber, calcium, etc)
- To watch my weight/lose weight
- A family member is trying to watch weight/lose weight
- To watch for calorie content or certain nutrients (such as sodium, trans fat, sugar, carbohydrates, or protein, etc.)
- Other (please specify)

Hand Card 38

The reason(s) that I rarely or never check the food label when deciding to buy a food product is/are...

- I don't have the time
- The print is too small for me to read
- I'm satisfied with my health so there is no need for me to check
- I have a good diet so there is no need to check labels
- I usually buy foods that I'm used to, so I don't feel that I need to check labels
- I buy what I/my family like, I don't care about the labels
- I don't think the food labels are important to me
- I won't know what to look for even if I read the labels
- I can't read English that well
- Other (please specify)

Hand Card 39

The reason(s) that I rarely or never check the food label when deciding to buy a food product is/are...

- I don't have the time
- I won't know what to look for even if I read the labels
- I'm satisfied with my health so there is no need for me to check
- I can't read English that well
- I have a good diet so there is no need to check labels
- I buy what I/my family like, I don't care about the labels
- I don't think the food labels are important to me
- The print is too small for me to read
- I usually buy foods that I'm used to, so I don't feel that I need to check labels
- Other (please specify)

Hand Card 40

Sample Food Label

Serving Size

Nutrition Facts

Serving Size 1 cup (255g)

Servings Per Container About 2

Amount Per Serving

Calories 220 Calories from Fat 40

% Daily Value*

Total Fat 5g **7%**

Saturated Fat 2g **10%**

Trans Fat 0g

Cholesterol 15mg **5%**

Sodium 240mg **10%**

Total Carbohydrate 35g **12%**

Dietary Fiber 6g **24%**

Sugars 7g

Protein 9g

Vitamin A 5%

Vitamin C 20%

Calcium 20%

Iron 8%

* 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	

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: WATER, POTATOES,
COOKED BEANS, CORN STARCH, WHEAT
FLOUR, SOYBEAN OIL, PARMESAN
CHEESE, ONION POWDER, NATURAL
FLAVOR, SODIUM PHOSPHATES.

Hand Card 41

Serving size is...

The amount of this food that people should eat

The amount of this food that people usually eat

Something that makes it easier to compare foods

Hand Card 43

Sample Food Label

Serving Size

Nutrition Facts

Serving Size 1 cup (255g)

Servings Per Container About 2

Amount Per Serving

Calories 220 Calories from Fat 40

% Daily Value*

Total Fat 5g **7%**

Saturated Fat 2g **10%**

Trans Fat 0g

Cholesterol 15mg **5%**

Sodium 240mg **10%**

Total Carbohydrate 35g **12%**

Dietary Fiber 6g **24%**

Sugars 7g

Protein 9g

Vitamin A 5%

Vitamin C 20%

Calcium 20%

Iron 8%

* 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

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: WATER, POTATOES,
COOKED BEANS, CORN STARCH, WHEAT
FLOUR, SOYBEAN OIL, PARMESAN
CHEESE, ONION POWDER, NATURAL
FLAVOR, SODIUM PHOSPHATES.

Serving size is...

The amount of this food that people usually eat

The amount of this food that people should eat

Something that makes it easier to compare foods