What's in the Package?

Why should I read the nutrition facts on the food label?

It's important to know:

- what the serving size is
- how many servings are in a package
- how many calories and other nutrients are in each serving

Where do I start?

First, look at the serving size at the top of the Nutrition Facts label. This will tell you how much a serving is. A serving is a standard amount that is measured in cups, ounces, tablespoons or pieces.

Next, look at the servings per container or the number of servings in the package. Many packages have more than one serving. The information printed on the Nutrition Facts label is for one serving.

If there are two servings in the package and you eat everything in the package, you are eating double the amount of what is printed on the Nutrition Facts label.

How do I know if the serving is the right amount for me?

Depending on the amount of calories you eat and drink, and the amount of calories you use, you might be looking for a low, moderate or high calorie food. The calories you eat throughout the day should be balanced between meals and snacks. In general, if a serving has 40 calories or fewer, it is considered low in calories. If a serving has 100 calories it is considered to be moderate, and if a serving has 400 calories, it is considered to be high.

What else should I look for on the Nutrition Facts label?

To get the most nutrition out of your food, look at the other nutrients listed on the label and the percent daily value, or %DV.

What's in the Package? (continued)

What is the percent daily value, or %DV?

It is the amount of a nutrient, listed as a percent based on a 2,000-calorie diet. It can be used to help you find out whether a serving contains a lot or a little of a particular nutrient.

In general, if a nutrient (like total fat, total carbohydrate, sodium or calcium) is 5 percent of the daily value or less, this means that the food is low in that nutrient. If a nutrient is 20 percent of the daily value or more, this means the food is high in that nutrient.

Your nutrient and calorie needs are based on many factors, like your age, sex, weight, height, activity level and overall health. Because everyone's nutrition needs are different, this information should be used only as a general guide for how to read Nutrition Facts labels.

1

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3

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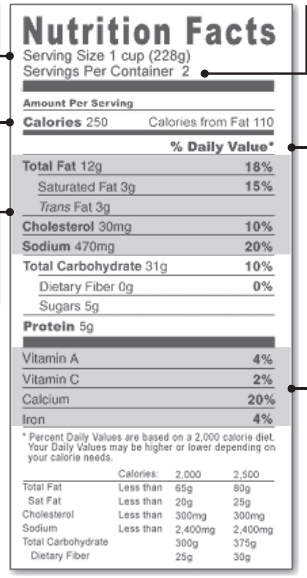
When looking at the Nutrition Facts label, keep in mind that you want to limit these.



2

Many packages have more than one serving. The information printed on the Nutrition Facts label is for one serving.

4

In general, if the Nutrition Facts label says a nutrient (like total fat, total carbohydrate, sodium or calcium) is 5 percent of the daily value or less, this means that the food is low in that nutrient. If the Nutrition Facts label says a nutrient is 20 percent of the daily value or more, this means the food is high in that nutrient.

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Look for these nutrients to make sure you get enough.

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Mr. Bagel Head

What You'll Need

4 whole wheat bagels, separated and toasted

1/2 cup low-fat cream cheese

1/2 cup chopped fruits (strawberries, blueberries, bananas, kiwi)

1/2 cup chopped vegetables (cherry tomatoes, sliced celery, olives, shredded carrots, sliced red or green peppers, shredded lettuce)

1/4 cup raisins or dried cranberries

Serves 8

Let's Cook!

1. Place bagels on separate plates.
2. Spread cream cheese on top of bagels.
3. Make faces using your favorite fruits and vegetables.

Examples:

- **eyes:** raisins or dried cranberries, olives
- **ears:** sliced celery, sliced kiwi (cut in half)
- **lips:** sliced red or green peppers
- **nose:** strawberries, blueberries, bananas
- **hair:** shredded carrots, shredded lettuce