

# Read Nutrition Facts Labels

The Nutrition Facts Label is based on a daily diet of 2,000 calories. The amount of calories you need each day depends on your gender, age, and level of physical activity.

## Start here

Notice what one serving is. The container or bag may have more than 1 serving.

## Check total calories

Look at serving size to see how many servings you're consuming. If you eat double the amount of servings, you eat double the amount of calories.

## Limit these

Eating too much saturated and trans fat can lead to heart disease. Lots of sodium can increase your blood pressure. Choose foods with a Daily Value of 5% or less of these nutrients.

## Get enough of these

Choosing foods with a high % Daily Value (20% or higher) of Vitamin A, C, calcium, iron and fiber will keep you on a healthy diet.

## Quick Guide to Percent (%) DV

The % DV sections tells you the % of each nutrient per serving, based on how much you need each day. Choose foods with a high % of healthy nutrients (such as fiber and protein) and a low % of unhealthy nutrients (such as trans fat, cholesterol and sodium).

Start here

Check the total calories per serving

Limit these nutrients

Get enough of these nutrients

Quick Guide to % Daily Value:  
5% or less is low,  
20% or more is high

## Nutrition Facts

Serving Size 1 slice (47g)  
Servings Per Container 6

### Amount Per Serving

Calories 160      Calories from Fat 90

	% Daily Value*
<b>Total Fat</b> 10g	15%
Saturated Fat 2.5g	11%
Trans Fat 2g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 300mg	12%
<b>Total Carb</b> 15g	5%
Dietary Fiber less than 1g	3%
Sugars 1g	
<b>Protein</b> 3g	
Vitamin A 0%	Vitamin C 4%
Calcium 45%	Iron 6%
Thiamin 8%	Riboflavin 6%
Niacin 6%	

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

# How Much Sugar Do You Drink?

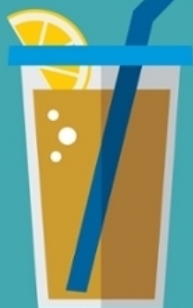
> About half of people in the U.S. age 2 and older consume sugar drinks daily, reports the Centers for Disease Control and Prevention. Although you might think twice about eating two or three candy bars in one sitting, you could be drinking that much and not even realize it.

1.5-oz. milk chocolate bar = 6 tsp. of sugar

## COMMON 20-OZ. CULPRITS



**VANILLA LATTE**



**SWEET TEA**



**SODA**



**FRUIT PUNCH**



**ENERGY DRINK**



### HOW MUCH IS TOO MUCH?

Limit sugar to **5% of your daily caloric intake or 6<sup>1</sup>/<sub>4</sub> teaspoons.**

Registered dietitian at the University of Utah **Julie Metos** suggests, "Wean yourself to one sugary drink per week, then one per month. Soon you will beat the habit."

### THE (NON)-SUGAR-COATED TRUTH

Drinking **one 12-ounce can** of soda daily can result in gaining **15 pounds in a year.**



x 365 =



### HEALTHY ALTERNATIVES

- » **Plain water not cutting it?** Add lemon, cucumber, watermelon or other fruit for flavor.
- » **Craving soda?** Opt for sparkling water.

\*ONE TEASPOON OF SUGAR EQUALS 4 GRAMS.