



# CHECK THE FACTS

Record your guesses for each of the questions below.

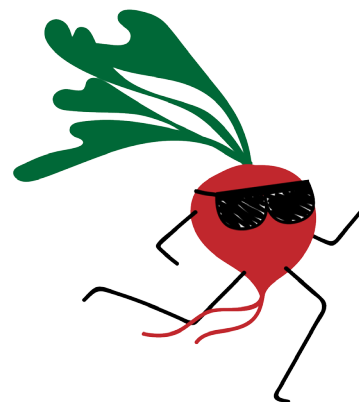


How many grams of protein are in an 8 oz glass of whole milk?

How many grams of sugar are in a Snickers bar?



How many grams of fat are in two tablespoons of peanut butter?



With Nutrition Facts labels, you don't have to guess!

When you know how to read food labels, they can help you make healthy choices. Food in packages have a label titled "Nutrition Facts" either on the back or side. This label gives you a lot of important information about the food inside. Turn the page for a "cheat sheet" to help you and your child learn how to read this important label.

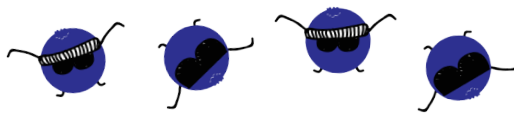


**Daily Values:** This section of the label lists the amount of nutrients the food has, compare to how much is recommended each day. If a food has:

- 5% or less of a nutrient, it's considered a low source.
- 10-20% of a nutrient, it's a moderate source.
- More than 20% of a nutrient, it's considered an excellent source.

**Fiber:** Fiber is crucial for your digestive health and can be found in foods such as beans, whole grains, fruits and vegetables.

**Sugar:** Some foods have naturally occurring sugars, such as fruit. However, eating too many added sugars is not recommended.



**Serving Size:** How many servings are there in the container? If there are 8 and you eat the whole container, you're eating eight times the calories that are listed on the label!

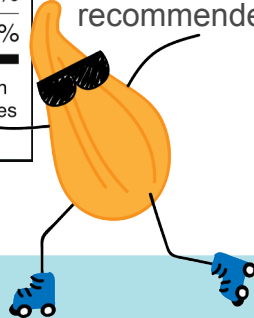
**Fat:** Try to limit saturated and trans fats. These are both unhealthy fats that can block arteries and lead to heart disease.

**Sodium:** Choose products with lower sodium amounts – between 120 and 480mg is a good guide.

**Protein, Vitamins and Minerals:** Use this information to compare products to each other.

<b>Nutrition Facts</b>	
8 servings per container	
<b>Serving size</b>	<b>2/3 cup (55g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>230</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 3g	<b>10%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 60mg	<b>7%</b>
<b>Total Carbohydrate</b> 37g	<b>13%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 12g	
Includes 10g <b>Added Sugars</b>	<b>20%</b>
<b>Protein</b> 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

\* 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.



## HEALTHY FAMILY CHALLENGE

- 🍅 Now that you know about Nutrition Facts labels, put that knowledge to work! Tomorrow as a family, keep track of your Calories, added sugar, and saturated fat as you eat throughout the day.
- 🍅 Identify one snack that you enjoy that is high in added sugars, Calories, or saturated fat. Then find one alternative to this snack by checking the facts!