
Saturated Fat
TASTES GOOD
Nut&Honey
Nuggets
LOW FAT &
GOOD SOURCE of
FIBER
SODA
Nutrition Facts
Calories
Sodium
Fiber
Calcium
Dairyland's Best
Low Fat
CHOCOLATE
MILK
Skip Intro

Serving Size

Low

Get enough?

Limit?

High

Healthy

Skip Intro

Eating smart --

maintaining a healthy weight --

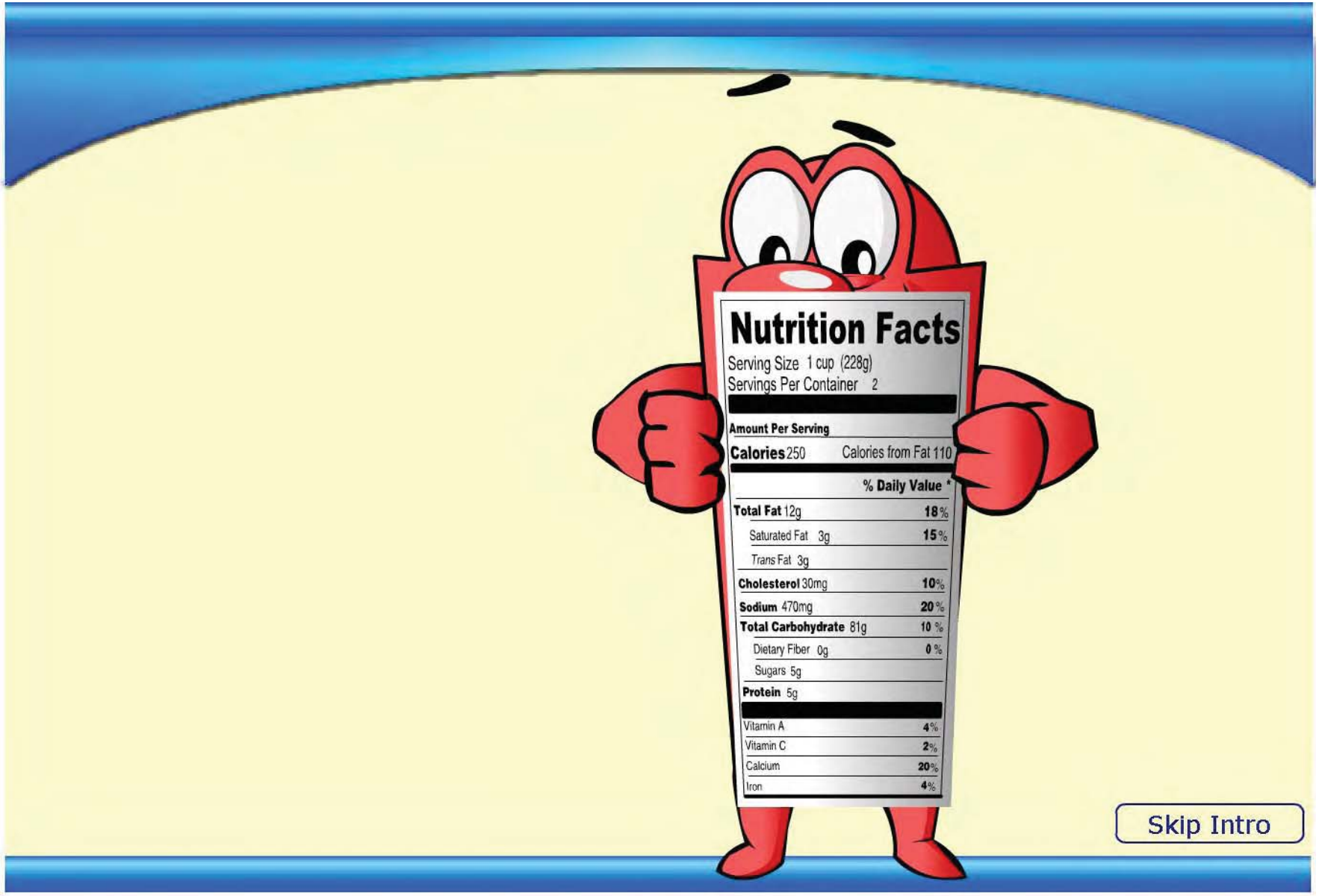
sounds great, doesn't it?

Skip Intro

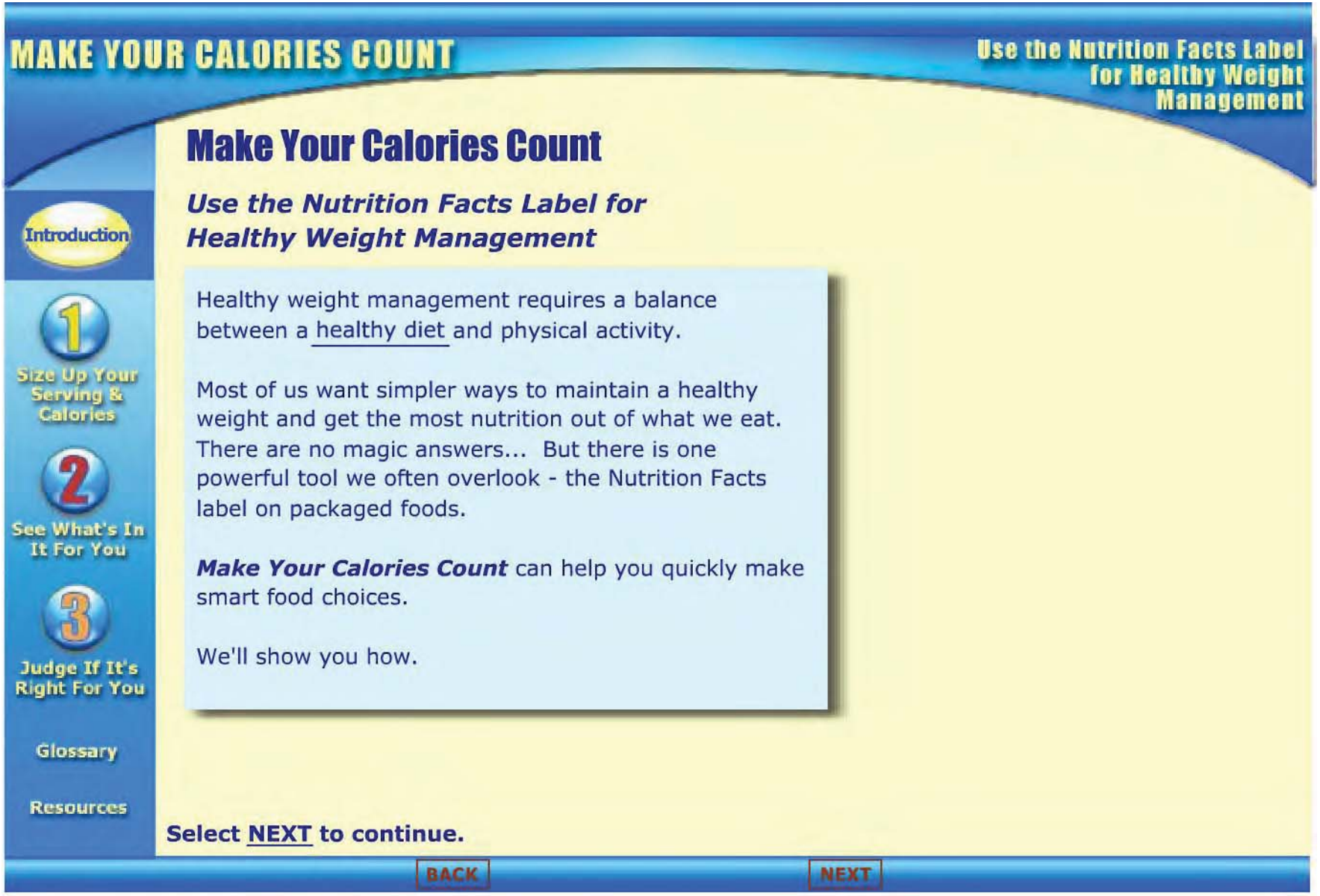
But there are so many choices...

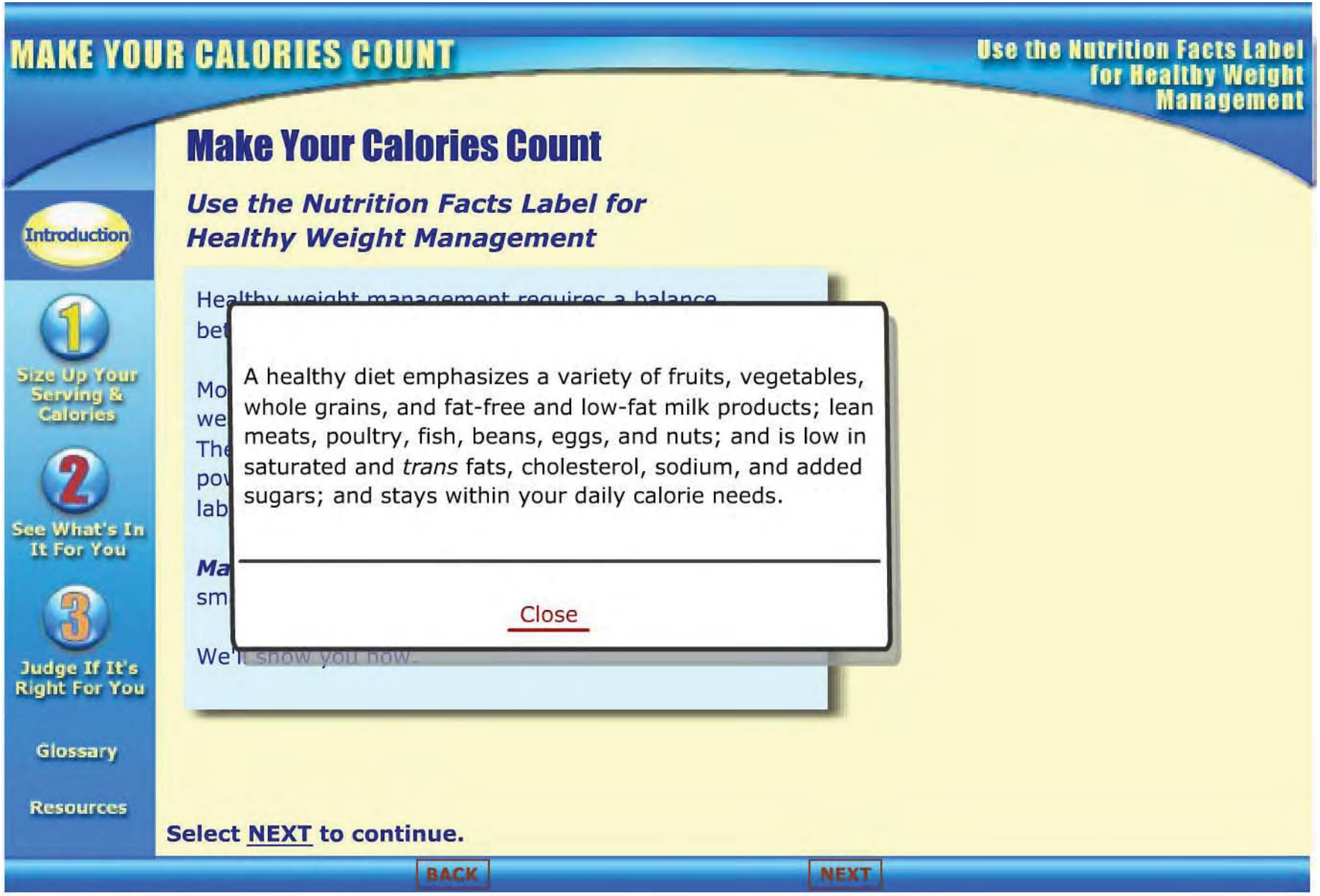
How do you know what to do?

Skip Intro


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%
Skip Intro


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
Introduction
1
Size Up Your Serving & Calories
2
See What's In It For You
3
Judge If It's Right For You
Glossary
Resources
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.
Select NEXT to continue.
BACK
NEXT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Use the Nutrition Facts Label for Healthy Weight Management
Make Your Calories Count
Use the Nutrition Facts Label for Healthy Weight Management
Introduction
1
Size Up Your Serving & Calories
2
See What's In It For You
3
Judge If It's Right For You
Glossary
Resources
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.
Close
Select NEXT to continue.
BACK
NEXT

MAKE YOUR CALORIES COUNT

Use the Nutrition Facts Label for Healthy Weight Management

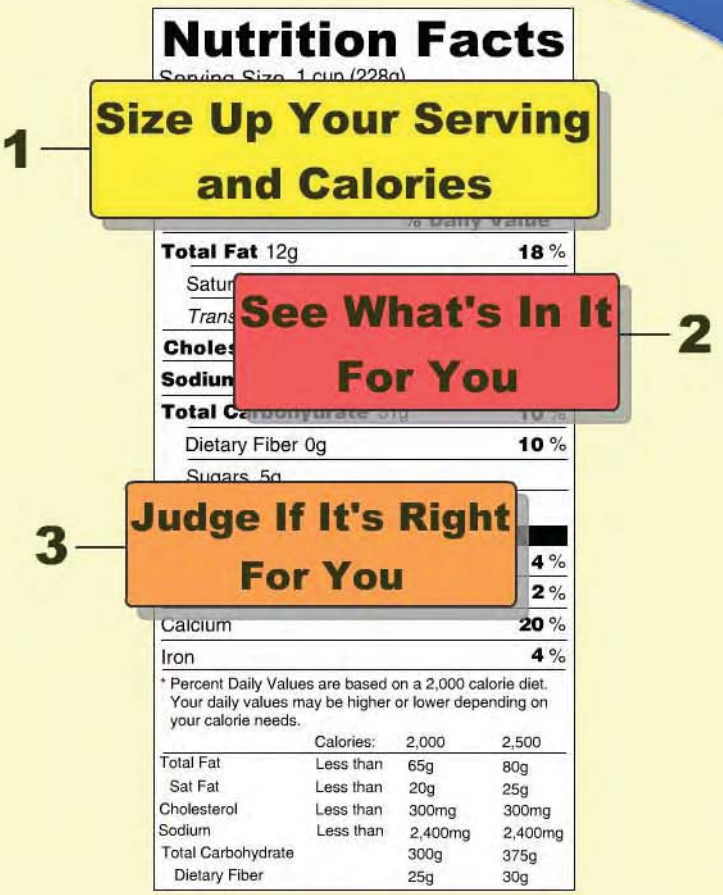
Three Simple Steps

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.



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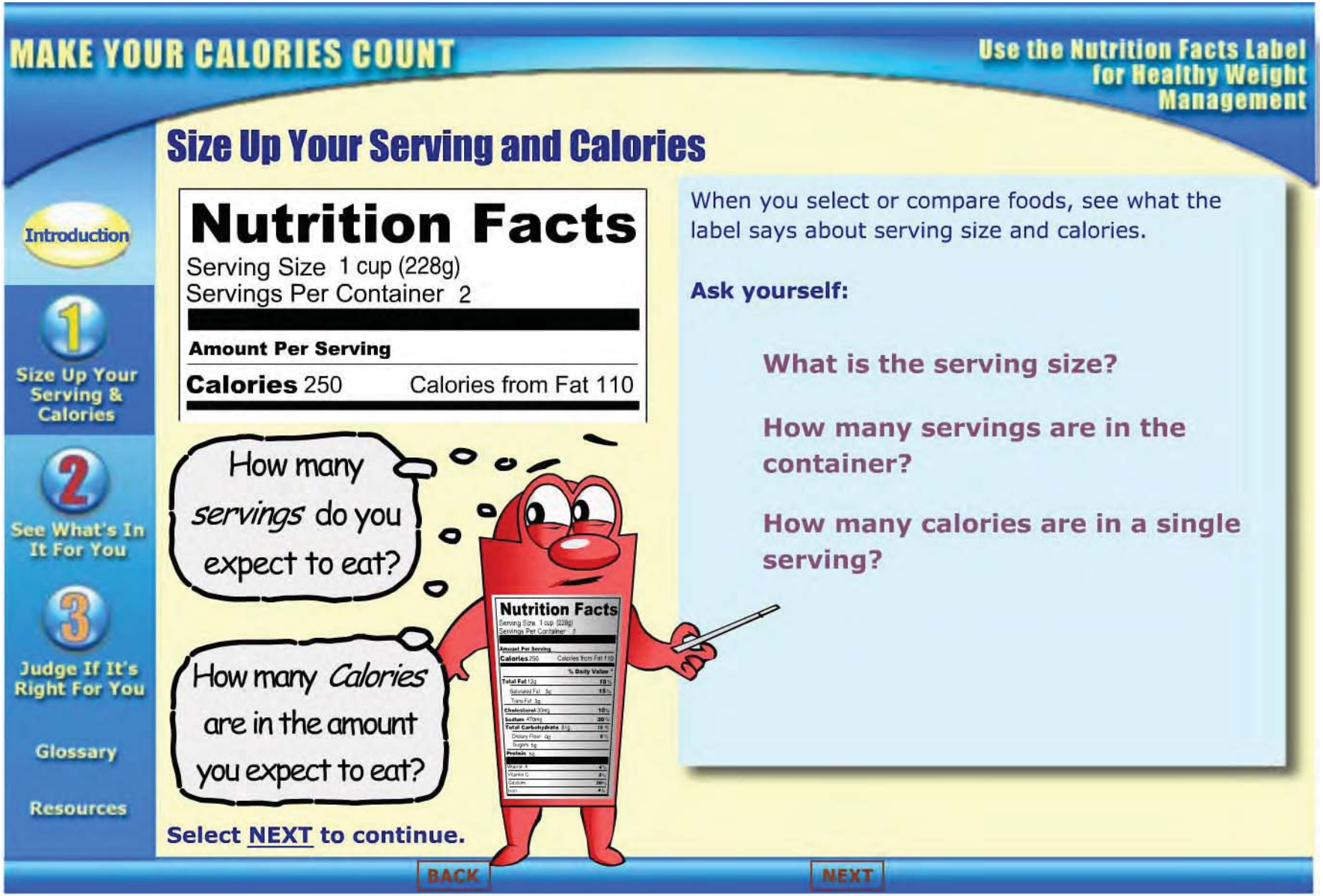
BACK NEXT


MAKE YOUR CALORIES COUNT
Use the Nutrition Facts Label for Healthy Weight Management
Size Up Your Serving and Calories
Introduction
1 Size Up Your Serving & Calories
2 See What's In It For You
3 Judge If It's Right For You
Glossary
Resources
Nutrition Facts
Serving Size 1 cup (228g)
Servings Per Container 2
Amount Per Serving
Calories 250 Calories from Fat 110
How many servings do you expect to eat?
How many Calories are in the amount you expect to eat?
When you select or compare foods, see what the label says about serving size and calories.
Ask yourself:
What is the serving size?
How many servings are in the container?
How many calories are in a single serving?
Select NEXT to continue.
BACK
NEXT

MAKE YOUR CALORIES COUNT

Use the Nutrition Facts Label for Healthy Weight Management

Size Up Your Serving and Calories

Serving Size

Introduction

1 Size Up Your Serving & Calories

2 See What's In It For You

3 Judge If It's Right For You

Glossary

Resources

All product nutrition labels identify a serving size - a standardized amount, such as cups or pieces, followed by the metric amount, such as numbers of grams.

For example, suppose you are snacking on a 6 ounce bag of regular, salted potato chips.

Show Label

How much is one serving?

- A. 1 oz. (1/6 of bag)
- B. 2 oz. (1/3 of bag)
- C. 3 oz. (1/2 of bag)
- D. 4 oz. (2/3 of bag)
- E. 6 oz. (whole bag)

(Check the Nutrition Facts label.)

Submit

Select your answer and then select Submit.

BACK NEXT

MAKE YOUR CALORIES COUNT

Use the Nutrition Facts Label for Healthy Weight Management

Size Up Your Serving and Calories

Serving Size

- Introduction
- 1 Size Up Your Serving & Calories
- 2 See What's In It For You
- 3 Judge If It's Right For You
- Glossary
- Resources

Nutrition Facts
Serving Size 1oz. (28g/About 20 chips)
Servings Per Container 6
Amount Per Serving
Calories 190 Calories from Fat 90

All product nutrition labels identify a serving size - a standardized amount, such as cups or pieces, followed by the metric amount, such as numbers of grams.

For example, suppose you are snacking on a 6 ounce bag of regular, salted potato chips.

How much is one serving?

- A. 1 oz. (1/6 of bag)
- B. 2 oz. (1/3 of bag)
- C. 3 oz. (1/2 of bag)
- D. 4 oz. (2/3 of bag)
- E. 6 oz. (whole bag)

(Check the Nutrition Facts label.)

Submit

Select your answer and then select Submit.

BACK NEXT

MAKE YOUR CALORIES COUNT

Use the Nutrition Facts Label for Healthy Weight Management

Size Up Your Serving and Calories

Serving Size

- Introduction
- 1 Size Up Your Serving & Calories
- 2 See What's In It For You
- 3 Judge If It's Right For You
- Glossary
- Resources

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Serving Size 1oz. (28g/About 20 chips)
Servings Per Container 6
Amount Per Serving
Calories 190 Calories from Fat 90

All product nutrition labels identify a serving size - a standardized amount, such as cups or pieces, followed by the metric amount, such as numbers of grams.

For example, suppose you are snacking on a 6 ounce bag of regular, salted potato chips.

How much is one serving?

- A. 1 oz. (1/6 of bag)
- B. 2 oz. (1/3 of bag)
- C. 3 oz. (1/2 of bag)
- D. 4 oz. (2/3 of bag)
- E. 6 oz. (whole bag)

(Check the Nutrition Facts label.)

Submit

Sorry, that's not correct, please check the Nutrition Facts label and try again.

Select your answer and then select Submit.

BACK NEXT

MAKE YOUR CALORIES COUNT

Use the Nutrition Facts Label for Healthy Weight Management

Size Up Your Serving and Calories

Serving Size

Introduction

1 Size Up Your Serving & Calories

2 See What's In It For You

3 Judge If It's Right For You

Glossary

Resources

Nutrition Facts
Serving Size 1oz. (28g/About 20 chips)
Servings Per Container 6

Amount Per Serving
Calories 190 Calories from Fat 90

All product nutrition labels identify a serving size - a standardized amount, such as cups or pieces, followed by the metric amount, such as numbers of grams.

For example, suppose you are snacking on a 6 ounce bag of regular, salted potato chips.

How much is one serving?

- A. 1 oz. (1/6 of bag) ✓
- B. 2 oz. (1/3 of bag)
- C. 3 oz. (1/2 of bag)
- D. 4 oz. (2/3 of bag) ✗
- E. 6 oz. (whole bag)

(Check the Nutrition Facts label.)

Sorry, that's not correct. The label shows that a single serving of potato chips is one ounce, or just one-sixth of this 6 ounce bag.

Select NEXT to continue.

BACK NEXT

MAKE YOUR CALORIES COUNT

Use the Nutrition Facts Label for Healthy Weight Management

Size Up Your Serving and Calories

Serving Size

Introduction

1 Size Up Your Serving & Calories

2 See What's In It For You

3 Judge If It's Right For You

Glossary

Resources

Nutrition Facts
Serving Size 1oz. (28g/About 20 chips)
Servings Per Container 6
Amount Per Serving
Calories 190 Calories from Fat 90

All product nutrition labels identify a serving size - a standardized amount, such as cups or pieces, followed by the metric amount, such as numbers of grams.

For example, suppose you are snacking on a 6 ounce bag of regular, salted potato chips.

How much is one serving?

- A. 1 oz. (1/6 of bag) ✓
- B. 2 oz. (1/3 of bag)
- C. 3 oz. (1/2 of bag)
- D. 4 oz. (2/3 of bag)
- E. 6 oz. (whole bag)

(Check the Nutrition Facts label.)

Yes, that's right! The label shows that a single serving of potato chips is one ounce, or just one-sixth of this 6 ounce bag.

Select NEXT to continue.

BACK NEXT

MAKE YOUR CALORIES COUNT

Use the Nutrition Facts Label for Healthy Weight Management

Size Up Your Serving and Calories

Servings per Container

Introduction

1 Size Up Your Serving & Calories

2 See What's In It For You

3 Judge If It's Right For You

Glossary

Resources

Nutrition Facts
Serving Size 1oz. (28g/About 20 chips)
Servings Per Container 6
Amount Per Serving
Calories 190 Calories from Fat 90

190

Many packages hold more than one serving. When you consume multiple servings, it is easy to eat or drink much more than you realize. This can affect your calorie intake (and over time, your weight) in a big way.

Select the lever below and drag it to see what happens to the calories.

- 0 oz.
- 1 serving/1 oz. (1/6 bag)
- 2 servings/2 oz.(1/3 bag)
- 3 servings/3 oz. (1/2 bag)
- 4 servings/4 oz. (2/3 bag)
- 5 servings/5 oz. (5/6 bag)
- 6 servings/6 oz. (whole bag)

Select NEXT to continue.

BACK NEXT

MAKE YOUR CALORIES COUNT

Use the Nutrition Facts Label for Healthy Weight Management

Size Up Your Serving and Calories

Servings per Container

Nutrition Facts
Serving Size 1oz. (28g/About 20 chips)
Servings Per Container 6
Amount Per Serving
Calories 190 Calories from Fat 90

1140

Many packages hold more than one serving. When you consume multiple servings, it is easy to eat or drink much more than you realize. This can affect your calorie intake (and over time, your weight) in a big way.

Select the lever below and drag it to see what happens to the calories.

— 0 oz.
— 1 serving/1 oz. (1/6 bag)
— 2 servings/2 oz.(1/3 bag)
— 3 servings/3 oz. (1/2 bag)
— 4 servings/4 oz. (2/3 bag)
— 5 servings/5 oz. (5/6 bag)
— 6 servings/6 oz. (whole bag)

Select NEXT to continue.

BACK NEXT

MAKE YOUR CALORIES COUNT

Use the Nutrition Facts Label for Healthy Weight Management

Size Up Your Serving and Calories

Servings per Container

Introduction

1 Size Up Your Serving & Calories

2 See What's In It For You

3 Judge If It's Right For You

Glossary

Resources

Show Label

Here is a 24 fluid ounce bottle of soda.

If you drink one serving of this, how much will you drink?

- 4 fl. oz. (1/6 bottle)
- 8 fl. oz. (1/3 bottle)
- 12 fl. oz. (1/2 bottle)
- 16 fl. oz. (2/3 bottle)
- 18 fl. oz. (3/4 bottle)
- 24 fl. oz. (whole bottle)

(Check the Nutrition Facts label.)

Submit

Select your answer and then select Submit.

BACK NEXT

MAKE YOUR CALORIES COUNT

Use the Nutrition Facts Label for Healthy Weight Management

Size Up Your Serving and Calories

Servings per Container

Introduction

1 Size Up Your Serving & Calories

2 See What's In It For You

3 Judge If It's Right For You

Glossary

Resources

Nutrition Facts
Serving Size 8 fl oz (240mL)
Servings Per Container 3

Amount Per Serving

Calories 100 Calories from Fat 0

Here is a 24 fluid ounce bottle of soda.

If you drink one serving of this, how much will you drink?

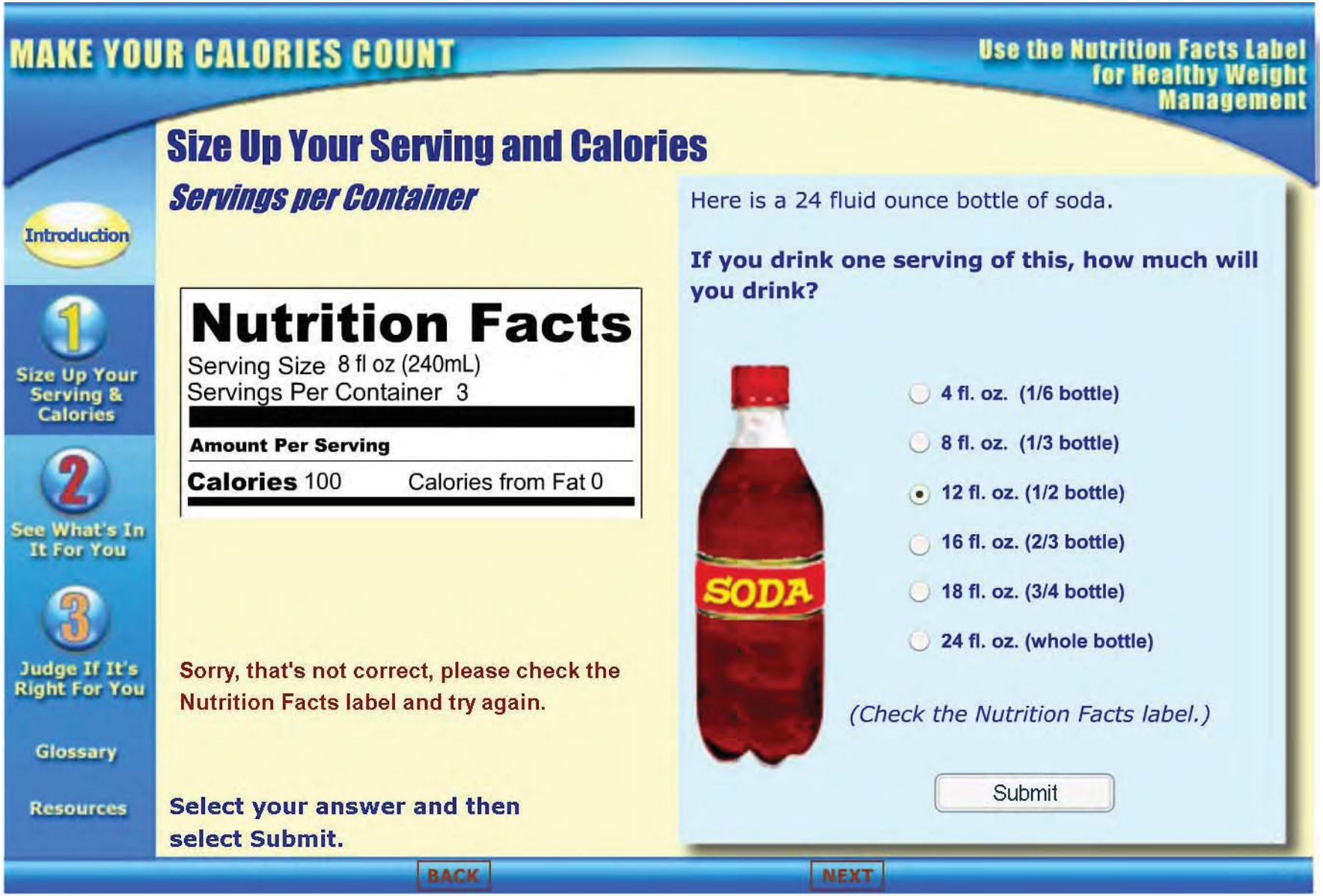
- 4 fl. oz. (1/6 bottle)
- 8 fl. oz. (1/3 bottle)
- 12 fl. oz. (1/2 bottle)
- 16 fl. oz. (2/3 bottle)
- 18 fl. oz. (3/4 bottle)
- 24 fl. oz. (whole bottle)

(Check the Nutrition Facts label.)

Submit

Select your answer and then select Submit.

BACK NEXT


MAKE YOUR CALORIES COUNT
Use the Nutrition Facts Label for Healthy Weight Management
Size Up Your Serving and Calories
Servings per Container
Introduction
1
Size Up Your Serving & Calories
2
See What's In It For You
3
Judge If It's Right For You
Glossary
Resources
Nutrition Facts
Serving Size 8 fl oz (240mL)
Servings Per Container 3
Amount Per Serving
Calories 100 Calories from Fat 0
Sorry, that's not correct, please check the Nutrition Facts label and try again.
Select your answer and then select Submit.
Here is a 24 fluid ounce bottle of soda.
If you drink one serving of this, how much will you drink?
SODA
4 fl. oz. (1/6 bottle)
8 fl. oz. (1/3 bottle)
12 fl. oz. (1/2 bottle)
16 fl. oz. (2/3 bottle)
18 fl. oz. (3/4 bottle)
24 fl. oz. (whole bottle)
(Check the Nutrition Facts label.)
Submit
BACK
NEXT

MAKE YOUR CALORIES COUNT

Use the Nutrition Facts Label for Healthy Weight Management

Size Up Your Serving and Calories

Servings per Container

Introduction

1 Size Up Your Serving & Calories

2 See What's In It For You

3 Judge If It's Right For You

Glossary

Resources

Nutrition Facts
Serving Size 8 fl oz (240mL)
Servings Per Container 3

Amount Per Serving

Calories 100 Calories from Fat 0

Sorry, that's not correct. One serving of soda is 8 fluid ounces, or 1 cup.

Select NEXT to continue.

Here is a 24 fluid ounce bottle of soda.

If you drink one serving of this, how much will you drink?

- 4 fl. oz. (1/6 bottle)
- ✓ 8 fl. oz. (1/3 bottle)
- 12 fl. oz. (1/2 bottle)
- ✗ 16 fl. oz. (2/3 bottle)
- 18 fl. oz. (3/4 bottle)
- 24 fl. oz. (whole bottle)

(Check the Nutrition Facts label.)

BACK NEXT

MAKE YOUR CALORIES COUNT

Use the Nutrition Facts Label for Healthy Weight Management

Size Up Your Serving and Calories

Servings per Container

Introduction

1 Size Up Your Serving & Calories

2 See What's In It For You

3 Judge If It's Right For You

Glossary

Resources

Nutrition Facts
Serving Size 8 fl oz (240mL)
Servings Per Container 3

Amount Per Serving

Calories 100 Calories from Fat 0

Here is a 24 fluid ounce bottle of soda.

If you drink one serving of this, how much will you drink?

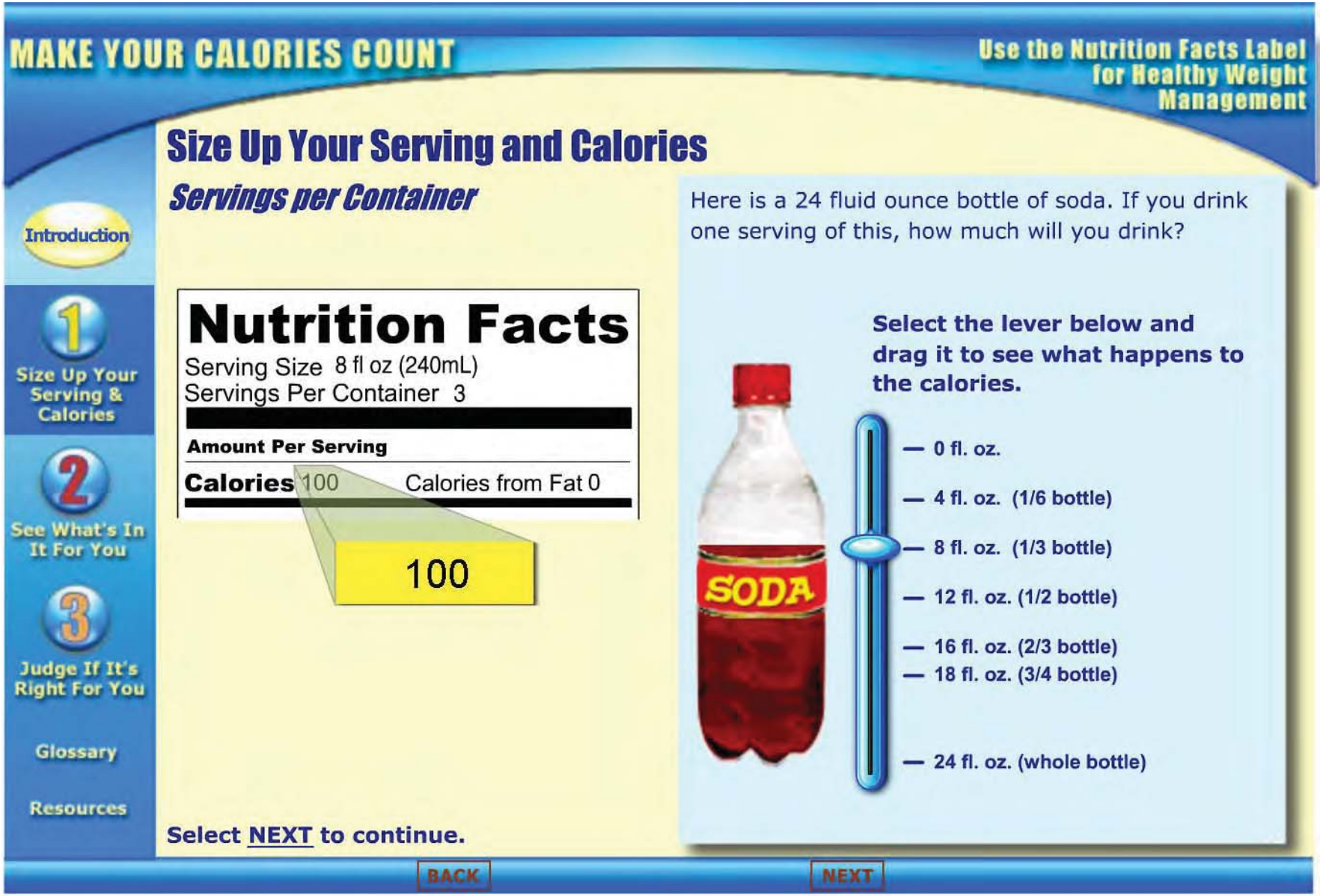
- 4 fl. oz. (1/6 bottle)
- ✓ 8 fl. oz. (1/3 bottle)
- 12 fl. oz. (1/2 bottle)
- 16 fl. oz. (2/3 bottle)
- 18 fl. oz. (3/4 bottle)
- 24 fl. oz. (whole bottle)

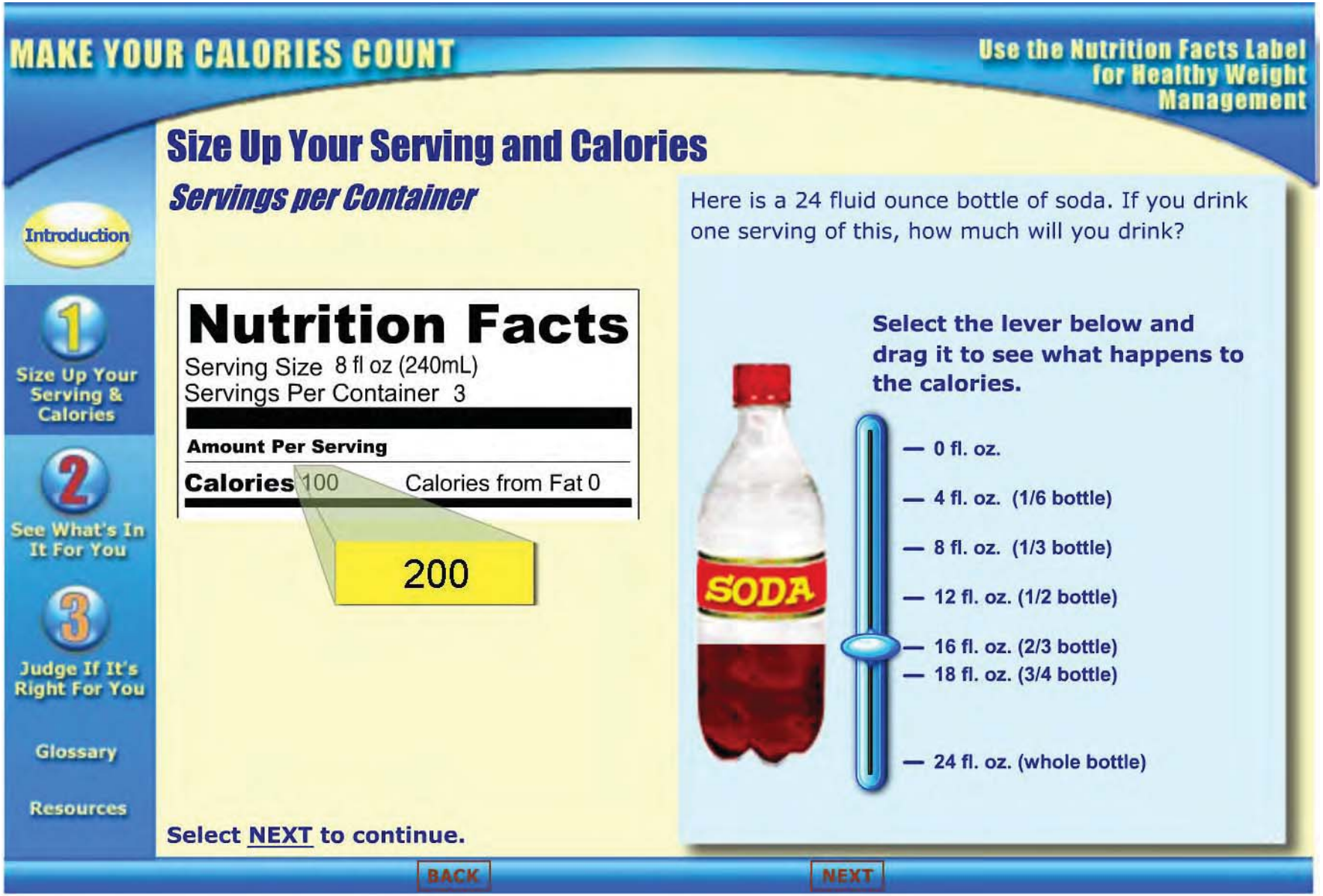
(Check the Nutrition Facts label.)

Absolutely right. One serving of soda is 8 fluid ounces, or 1 cup.

Select NEXT to continue.

BACK NEXT


MAKE YOUR CALORIES COUNT
Use the Nutrition Facts Label for Healthy Weight Management
Size Up Your Serving and Calories
Servings per Container
Introduction
1
Size Up Your Serving & Calories
2
See What's In It For You
3
Judge If It's Right For You
Glossary
Resources
Nutrition Facts
Serving Size 8 fl oz (240mL)
Servings Per Container 3
Amount Per Serving
Calories 100 Calories from Fat 0
100
Here is a 24 fluid ounce bottle of soda. If you drink one serving of this, how much will you drink?
Select the lever below and drag it to see what happens to the calories.
SODA
0 fl. oz.
4 fl. oz. (1/6 bottle)
8 fl. oz. (1/3 bottle)
12 fl. oz. (1/2 bottle)
16 fl. oz. (2/3 bottle)
18 fl. oz. (3/4 bottle)
24 fl. oz. (whole bottle)
Select NEXT to continue.
BACK
NEXT


MAKE YOUR CALORIES COUNT
Use the Nutrition Facts Label for Healthy Weight Management
Size Up Your Serving and Calories
Servings per Container
Introduction
1
Size Up Your Serving & Calories
2
See What's In It For You
3
Judge If It's Right For You
Glossary
Resources
Nutrition Facts
Serving Size 8 fl oz (240mL)
Servings Per Container 3
Amount Per Serving
Calories 100 Calories from Fat 0
200
Here is a 24 fluid ounce bottle of soda. If you drink one serving of this, how much will you drink?
Select the lever below and drag it to see what happens to the calories.
SODA
0 fl. oz.
4 fl. oz. (1/6 bottle)
8 fl. oz. (1/3 bottle)
12 fl. oz. (1/2 bottle)
16 fl. oz. (2/3 bottle)
18 fl. oz. (3/4 bottle)
24 fl. oz. (whole bottle)
Select NEXT to continue.
BACK
NEXT

MAKE YOUR CALORIES COUNT

Use the Nutrition Facts Label for Healthy Weight Management

Size Up Your Serving and Calories

Calories per Serving

Introduction

1 Size Up Your Serving & Calories

2 See What's In It For You

3 Judge If It's Right For You

Glossary

Resources

A.

Show Label

B.

Show Label

C.

Show Label

D.

Show Label

Always check the calories, even for products you think you know. You may be surprised.

For example, which of the four products below do you think is highest in calories per serving?

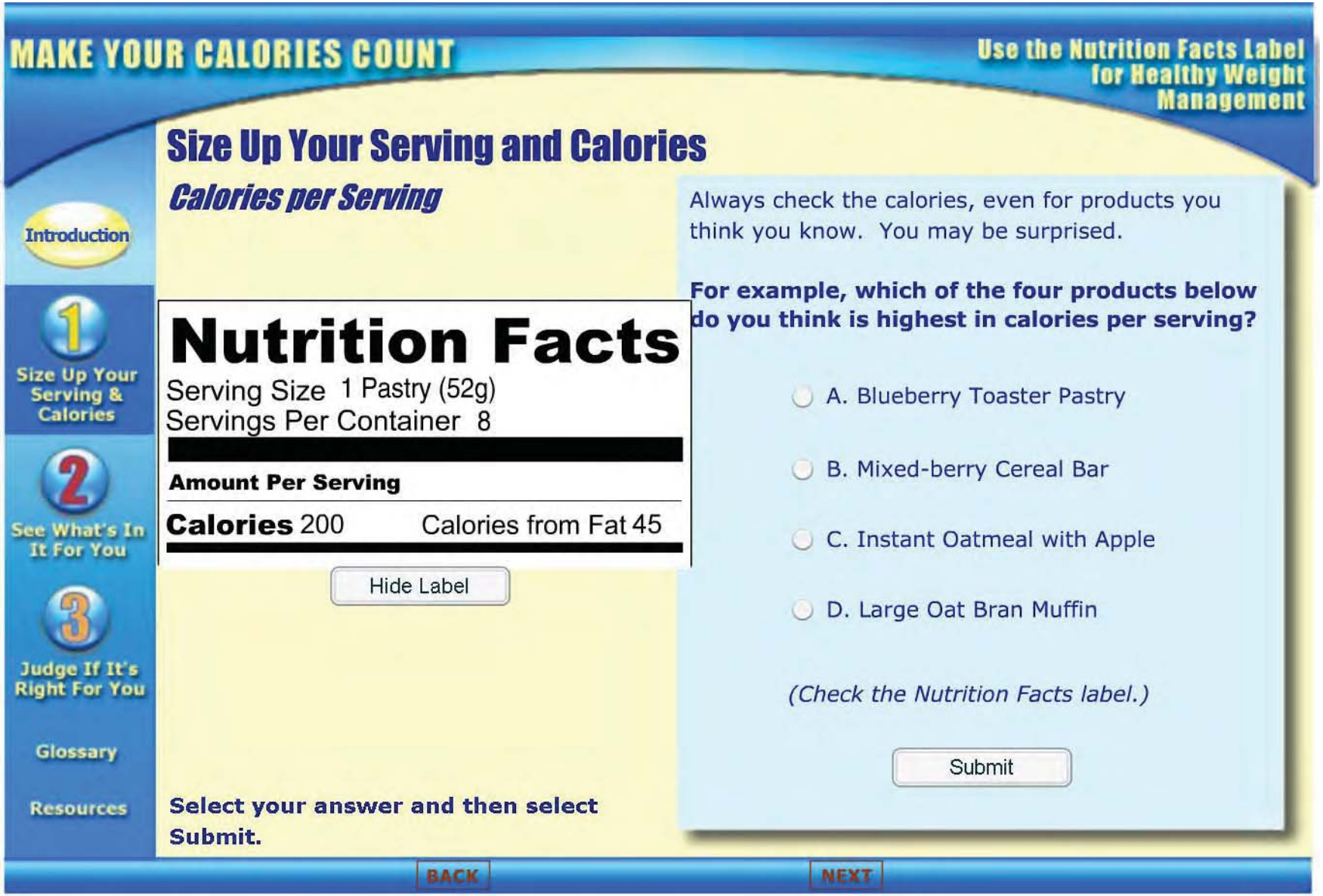
- A. Blueberry Toaster Pastry
- B. Mixed-berry Cereal Bar
- C. Instant Oatmeal with Apple
- D. Large Oat Bran Muffin

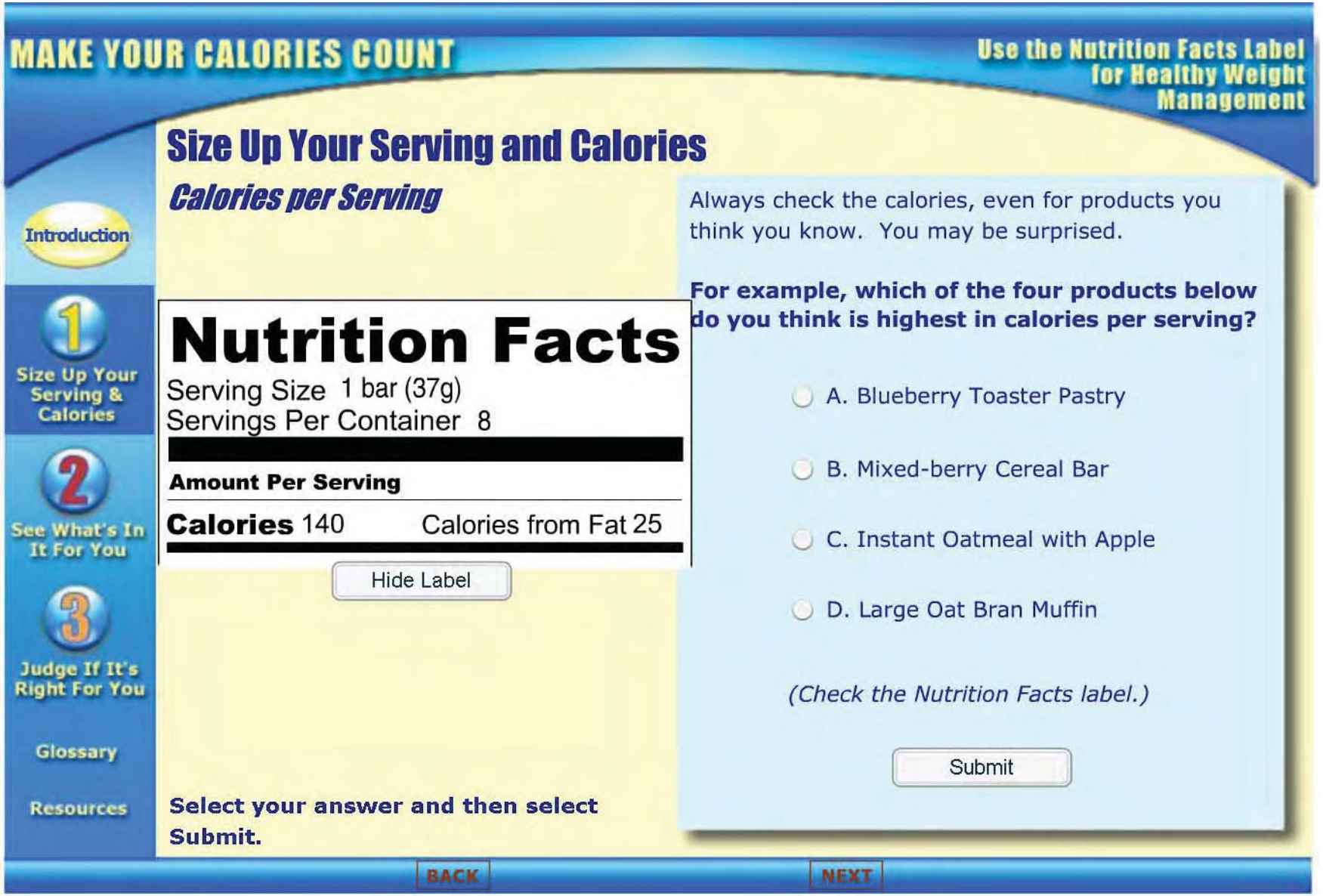
(Check the Nutrition Facts label.)

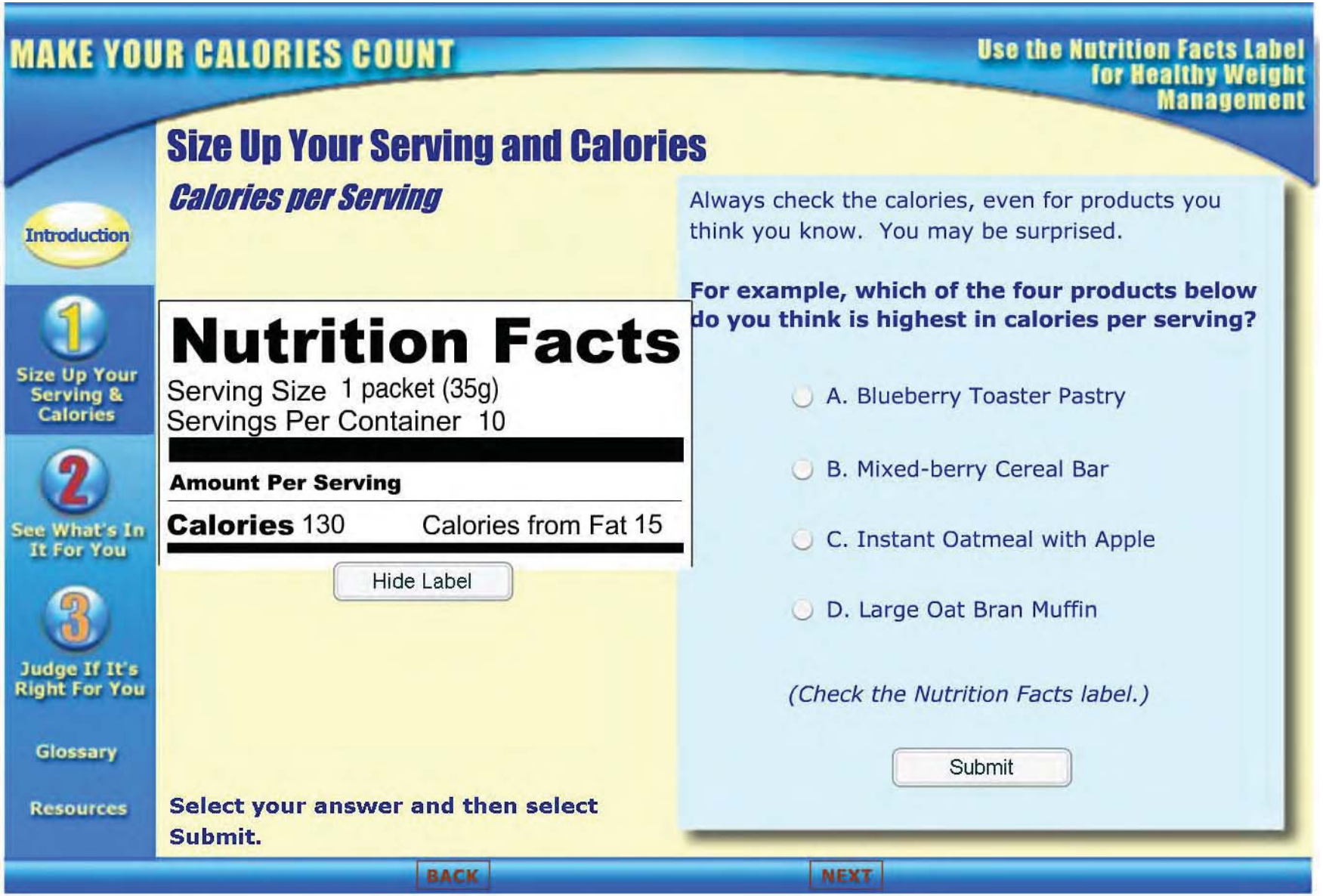
Submit

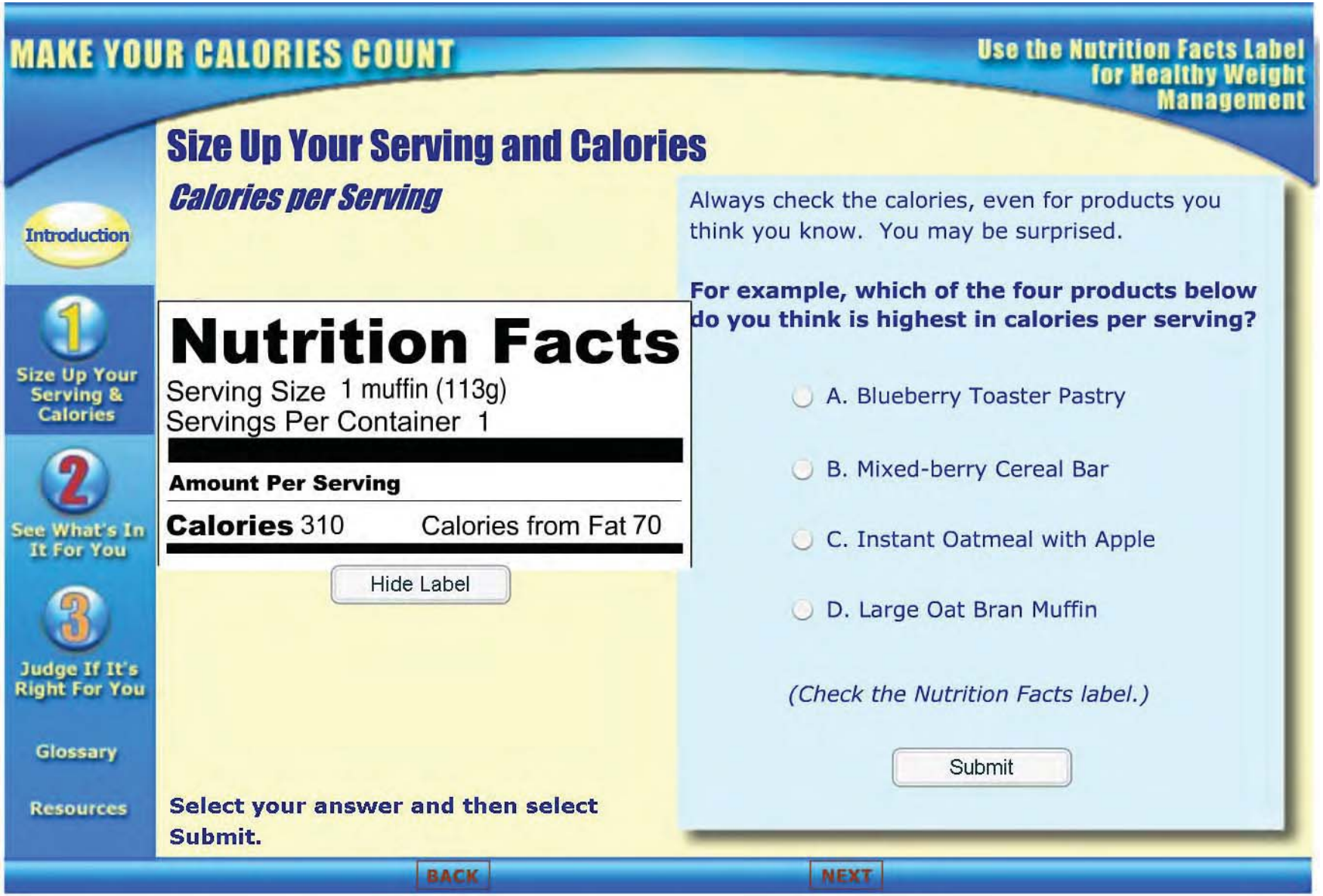
Select your answer and then select Submit.

BACK NEXT


MAKE YOUR CALORIES COUNT
Use the Nutrition Facts Label for Healthy Weight Management
Size Up Your Serving and Calories
Calories per Serving
Introduction
1
Size Up Your Serving & Calories
2
See What's In It For You
3
Judge If It's Right For You
Glossary
Resources
Nutrition Facts
Serving Size 1 Pastry (52g)
Servings Per Container 8
Amount Per Serving
Calories 200 Calories from Fat 45
Hide Label
Always check the calories, even for products you think you know. You may be surprised.
For example, which of the four products below do you think is highest in calories per serving?
A. Blueberry Toaster Pastry
B. Mixed-berry Cereal Bar
C. Instant Oatmeal with Apple
D. Large Oat Bran Muffin
(Check the Nutrition Facts label.)
Submit
Select your answer and then select Submit.
BACK
NEXT


MAKE YOUR CALORIES COUNT
Use the Nutrition Facts Label for Healthy Weight Management
Size Up Your Serving and Calories
Calories per Serving
Introduction
1
Size Up Your Serving & Calories
2
See What's In It For You
3
Judge If It's Right For You
Glossary
Resources
Nutrition Facts
Serving Size 1 bar (37g)
Servings Per Container 8
Amount Per Serving
Calories 140
Calories from Fat 25
Hide Label
Always check the calories, even for products you think you know. You may be surprised.
For example, which of the four products below do you think is highest in calories per serving?
A. Blueberry Toaster Pastry
B. Mixed-berry Cereal Bar
C. Instant Oatmeal with Apple
D. Large Oat Bran Muffin
(Check the Nutrition Facts label.)
Submit
Select your answer and then select Submit.
BACK
NEXT


MAKE YOUR CALORIES COUNT
Use the Nutrition Facts Label for Healthy Weight Management
Size Up Your Serving and Calories
Calories per Serving
Introduction
1
Size Up Your Serving & Calories
2
See What's In It For You
3
Judge If It's Right For You
Glossary
Resources
Nutrition Facts
Serving Size 1 packet (35g)
Servings Per Container 10
Amount Per Serving
Calories 130
Calories from Fat 15
Hide Label
Always check the calories, even for products you think you know. You may be surprised.
For example, which of the four products below do you think is highest in calories per serving?
A. Blueberry Toaster Pastry
B. Mixed-berry Cereal Bar
C. Instant Oatmeal with Apple
D. Large Oat Bran Muffin
(Check the Nutrition Facts label.)
Submit
Select your answer and then select Submit.
BACK
NEXT


MAKE YOUR CALORIES COUNT
Use the Nutrition Facts Label for Healthy Weight Management
Size Up Your Serving and Calories
Calories per Serving
Introduction
1
Size Up Your Serving & Calories
2
See What's In It For You
3
Judge If It's Right For You
Glossary
Resources
Nutrition Facts
Serving Size 1 muffin (113g)
Servings Per Container 1
Amount Per Serving
Calories 310
Calories from Fat 70
Hide Label
Always check the calories, even for products you think you know. You may be surprised.
For example, which of the four products below do you think is highest in calories per serving?
A. Blueberry Toaster Pastry
B. Mixed-berry Cereal Bar
C. Instant Oatmeal with Apple
D. Large Oat Bran Muffin
(Check the Nutrition Facts label.)
Submit
Select your answer and then select Submit.
BACK
NEXT

MAKE YOUR CALORIES COUNT

Use the Nutrition Facts Label for Healthy Weight Management

Size Up Your Serving and Calories

Calories per Serving

Introduction

1 Size Up Your Serving & Calories

2 See What's In It For You

3 Judge If It's Right For You

Glossary

Resources

A.

Show Label

B.

Show Label

C.

Show Label

D.

Show Label

Always check the calories, even for products you think you know. You may be surprised.

For example, which of the four products below do you think is highest in calories per serving?

- A. Blueberry Toaster Pastry
- B. Mixed-berry Cereal Bar
- C. Instant Oatmeal with Apple
- D. Large Oat Bran Muffin

(Check the Nutrition Facts label.)

Submit

Select your answer and then select Submit.

BACK NEXT

MAKE YOUR CALORIES COUNT

Use the Nutrition Facts Label for Healthy Weight Management

Size Up Your Serving and Calories

Calories per Serving

Introduction

1 Size Up Your Serving & Calories

2 See What's In It For You

3 Judge If It's Right For You

Glossary

Resources

A. 200 calories per serving — Show Label

B. 140 calories per serving — Show Label

C. 130 calories per serving — Show Label

D. 310 calories per serving — Show Label

Always check the calories, even for products you think you know. You may be surprised.

For example, which of the four products below do you think is highest in calories per serving?

- A. Blueberry Toaster Pastry
- B. Mixed-berry Cereal Bar
- C. Instant Oatmeal with Apple ✗
- D. Large Oat Bran Muffin ✓

(Check the Nutrition Facts label.)

Sorry, that's not correct. The bran muffin is highest in calories per serving. Check the Nutrition Facts labels.

Select NEXT to continue.

BACK NEXT

MAKE YOUR CALORIES COUNT

Use the Nutrition Facts Label for Healthy Weight Management

Size Up Your Serving and Calories

Calories per Serving

Introduction

1 Size Up Your Serving & Calories

2 See What's In It For You

3 Judge If It's Right For You

Glossary

Resources

A. 200 calories per serving — Show Label

B. 140 calories per serving — Show Label

C. 130 calories per serving — Show Label

D. 310 calories per serving — Show Label

Always check the calories, even for products you think you know. You may be surprised.

For example, which of the four products below do you think is highest in calories per serving?

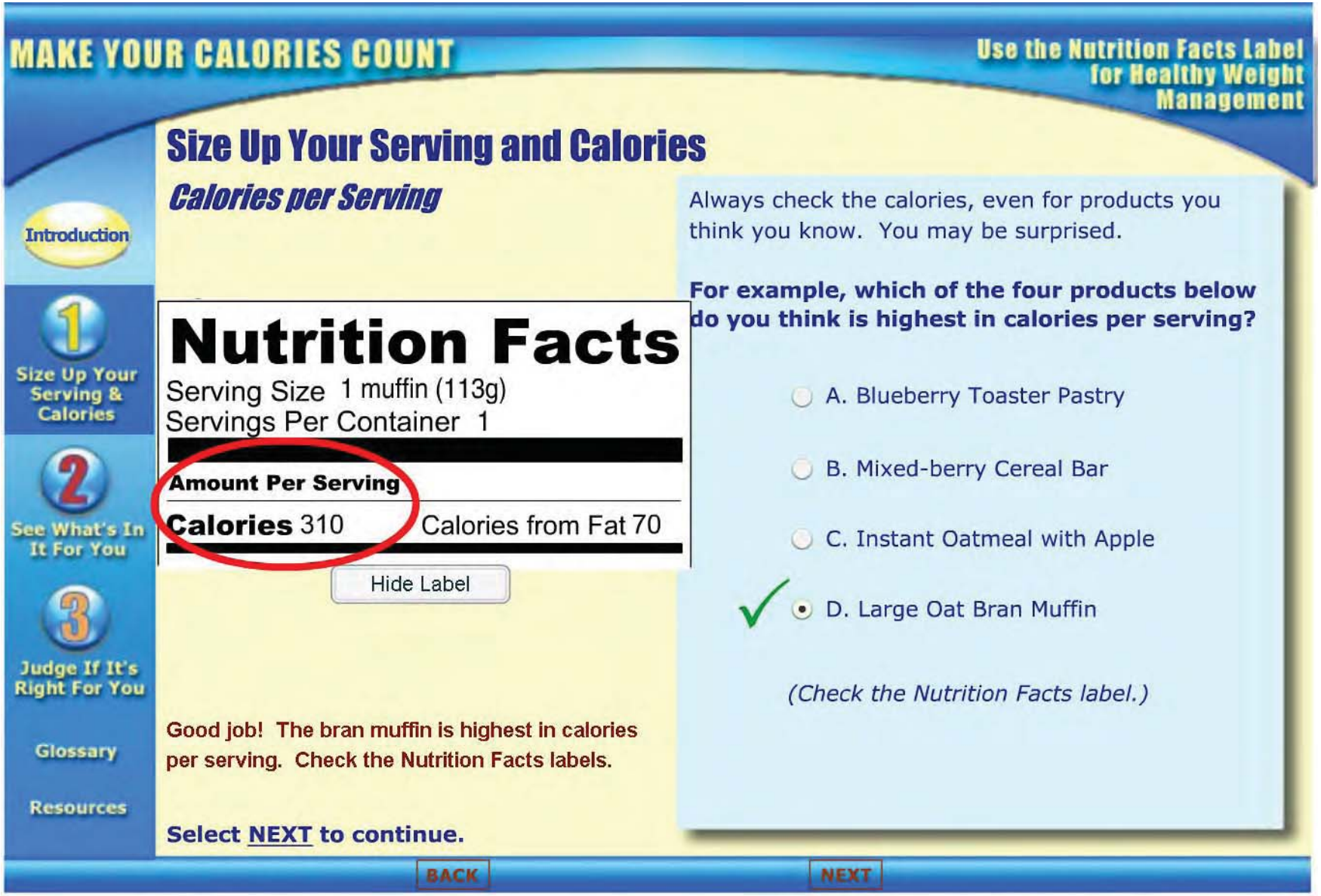
- A. Blueberry Toaster Pastry
- B. Mixed-berry Cereal Bar
- C. Instant Oatmeal with Apple
- ✓ D. Large Oat Bran Muffin

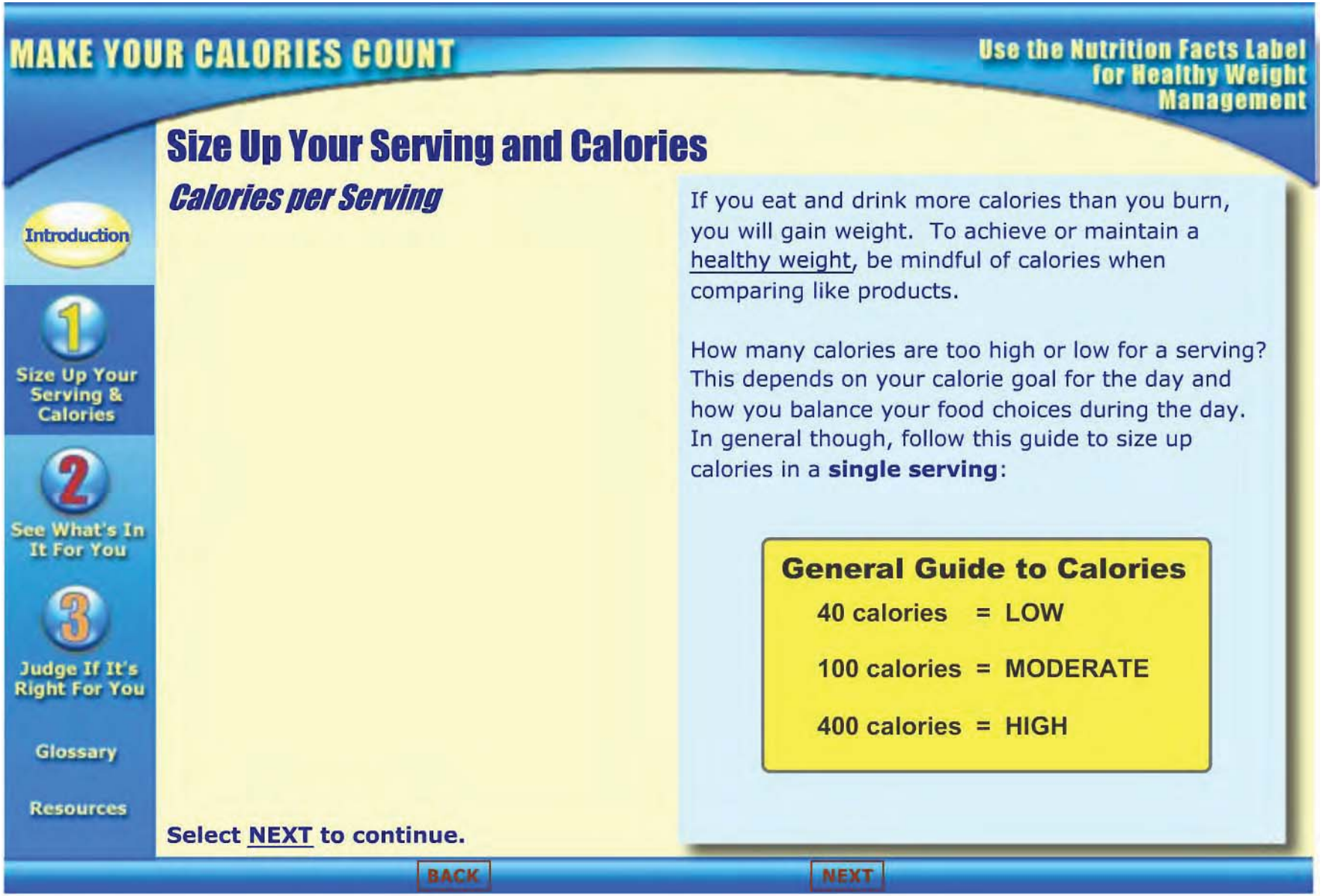
(Check the Nutrition Facts label.)

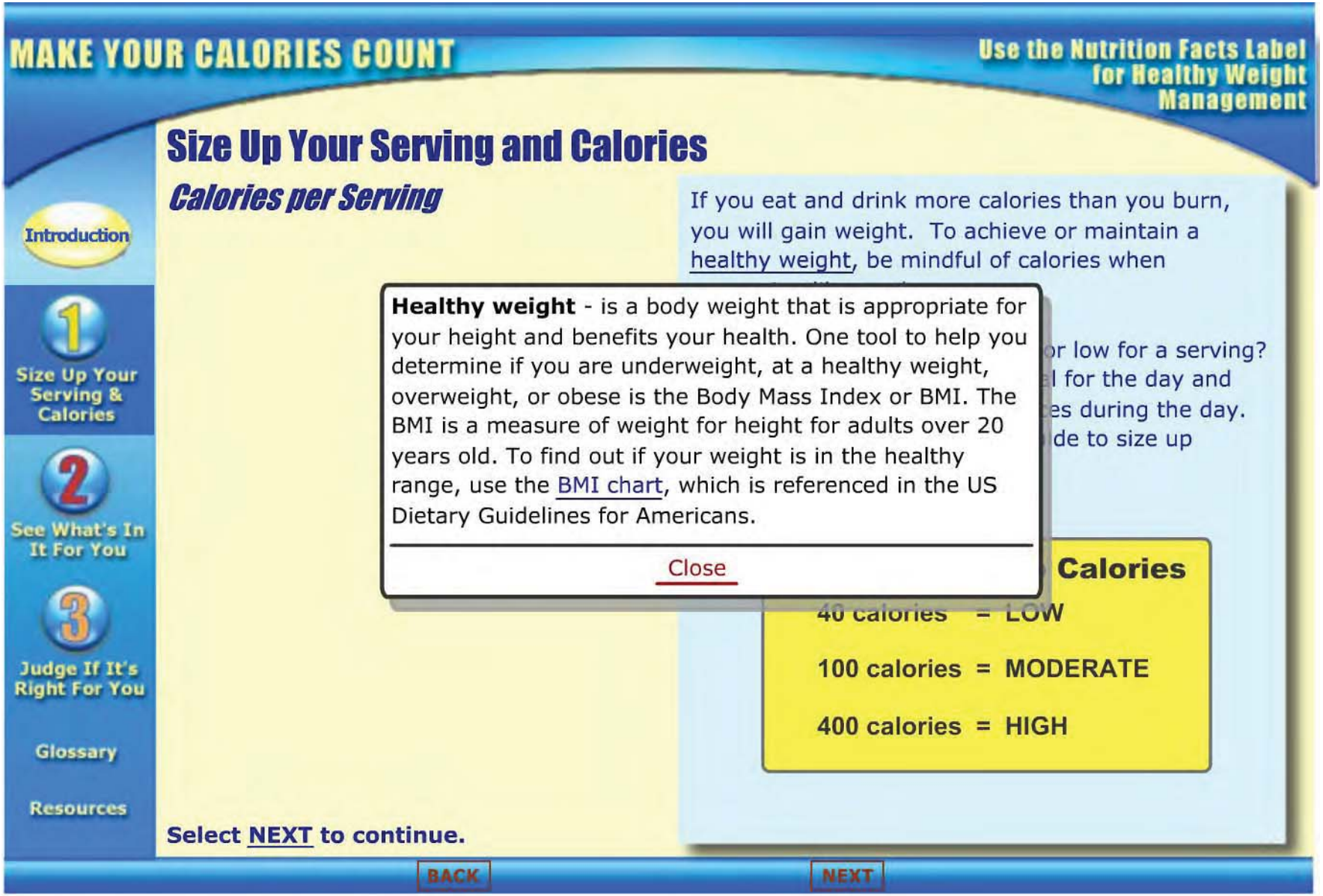
Good job! The bran muffin is highest in calories per serving. Check the Nutrition Facts labels.

Select NEXT to continue.

BACK NEXT


MAKE YOUR CALORIES COUNT
Use the Nutrition Facts Label for Healthy Weight Management
Size Up Your Serving and Calories
Calories per Serving
Introduction
1 Size Up Your Serving & Calories
2 See What's In It For You
3 Judge If It's Right For You
Glossary
Resources
Nutrition Facts
Serving Size 1 muffin (113g)
Servings Per Container 1
Amount Per Serving
Calories 310
Calories from Fat 70
Hide Label
Always check the calories, even for products you think you know. You may be surprised.
For example, which of the four products below do you think is highest in calories per serving?
A. Blueberry Toaster Pastry
B. Mixed-berry Cereal Bar
C. Instant Oatmeal with Apple
D. Large Oat Bran Muffin
(Check the Nutrition Facts label.)
Good job! The bran muffin is highest in calories per serving. Check the Nutrition Facts labels.
Select NEXT to continue.
BACK
NEXT


MAKE YOUR CALORIES COUNT
Use the Nutrition Facts Label for Healthy Weight Management
Size Up Your Serving and Calories
Calories per Serving
Introduction
1
Size Up Your Serving & Calories
2
See What's In It For You
3
Judge If It's Right For You
Glossary
Resources
If you eat and drink more calories than you burn, you will gain weight. To achieve or maintain a healthy weight, be mindful of calories when comparing like products.
How many calories are too high or low for a serving? This depends on your calorie goal for the day and how you balance your food choices during the day. In general though, follow this guide to size up calories in a single serving:
General Guide to Calories
40 calories = LOW
100 calories = MODERATE
400 calories = HIGH
Select NEXT to continue.
BACK
NEXT


MAKE YOUR CALORIES COUNT
Use the Nutrition Facts Label for Healthy Weight Management
Size Up Your Serving and Calories
Calories per Serving
Introduction
1 Size Up Your Serving & Calories
2 See What's In It For You
3 Judge If It's Right For You
Glossary
Resources
If you eat and drink more calories than you burn, you will gain weight. To achieve or maintain a healthy weight, be mindful of calories when
Healthy weight - is a body weight that is appropriate for your height and benefits your health. One tool to help you determine if you are underweight, at a healthy weight, overweight, or obese is the Body Mass Index or BMI. The BMI is a measure of weight for height for adults over 20 years old. To find out if your weight is in the healthy range, use the BMI chart, which is referenced in the US Dietary Guidelines for Americans.
Close
or low for a serving?
l for the day and
es during the day.
de to size up
Calories
40 calories = LOW
100 calories = MODERATE
400 calories = HIGH
Select NEXT to continue.
BACK
NEXT

MAKE YOUR CALORIES COUNT

Use the Nutrition Facts Label for Healthy Weight Management

Size Up Your Serving and Calories

Calories per Serving

Introduction

1 Size Up Your Serving & Calories

2 See What's In It For You

3 Judge If It's Right For You

Glossary

Resources

Show Label

Whether you want to lose or gain weight or maintain your current weight, it is important to manage your calorie intake.

Suppose you're considering these chocolate-dipped cheesecake bites as a dessert.

How would you rate the calories for this product?

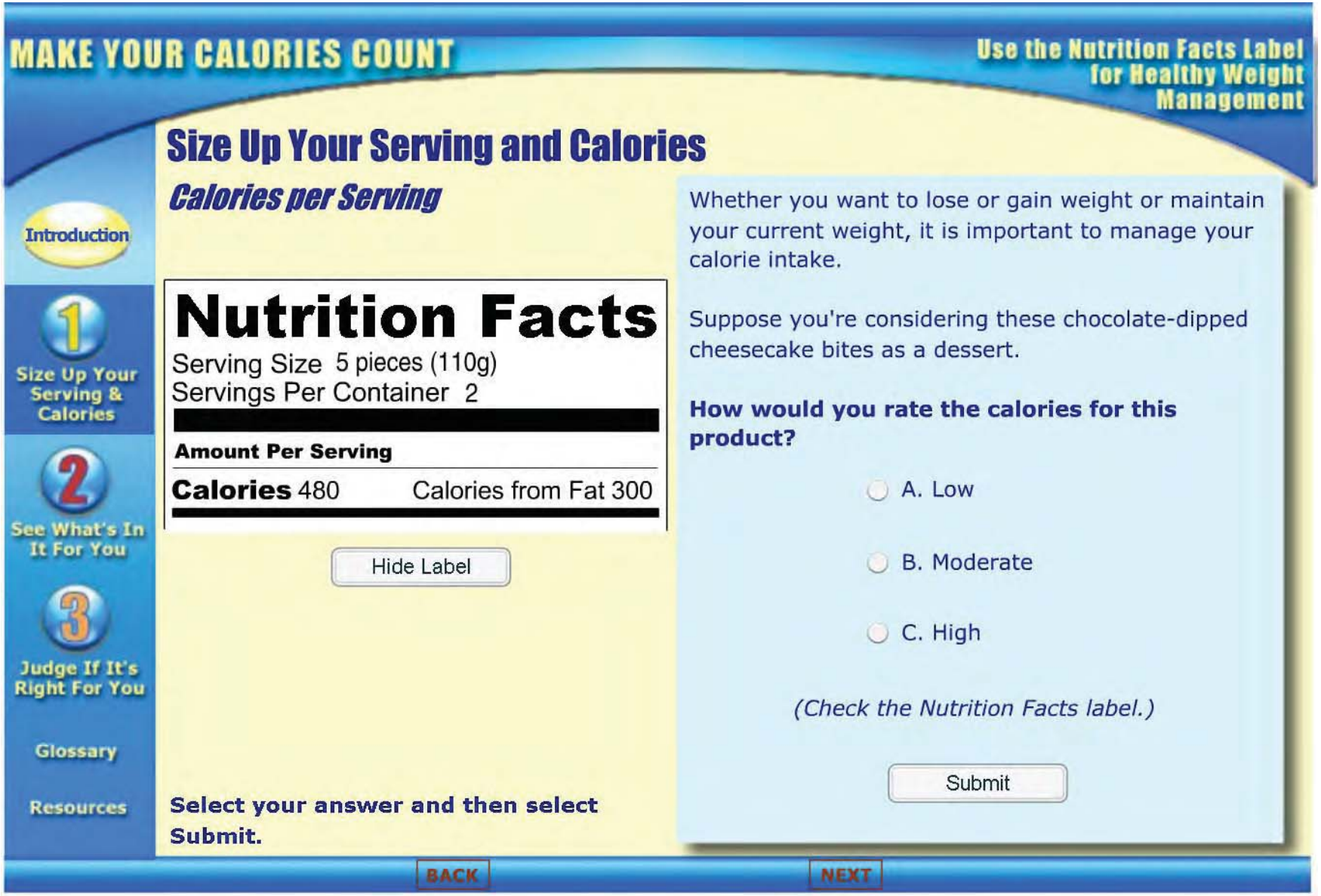
- A. Low
- B. Moderate
- C. High

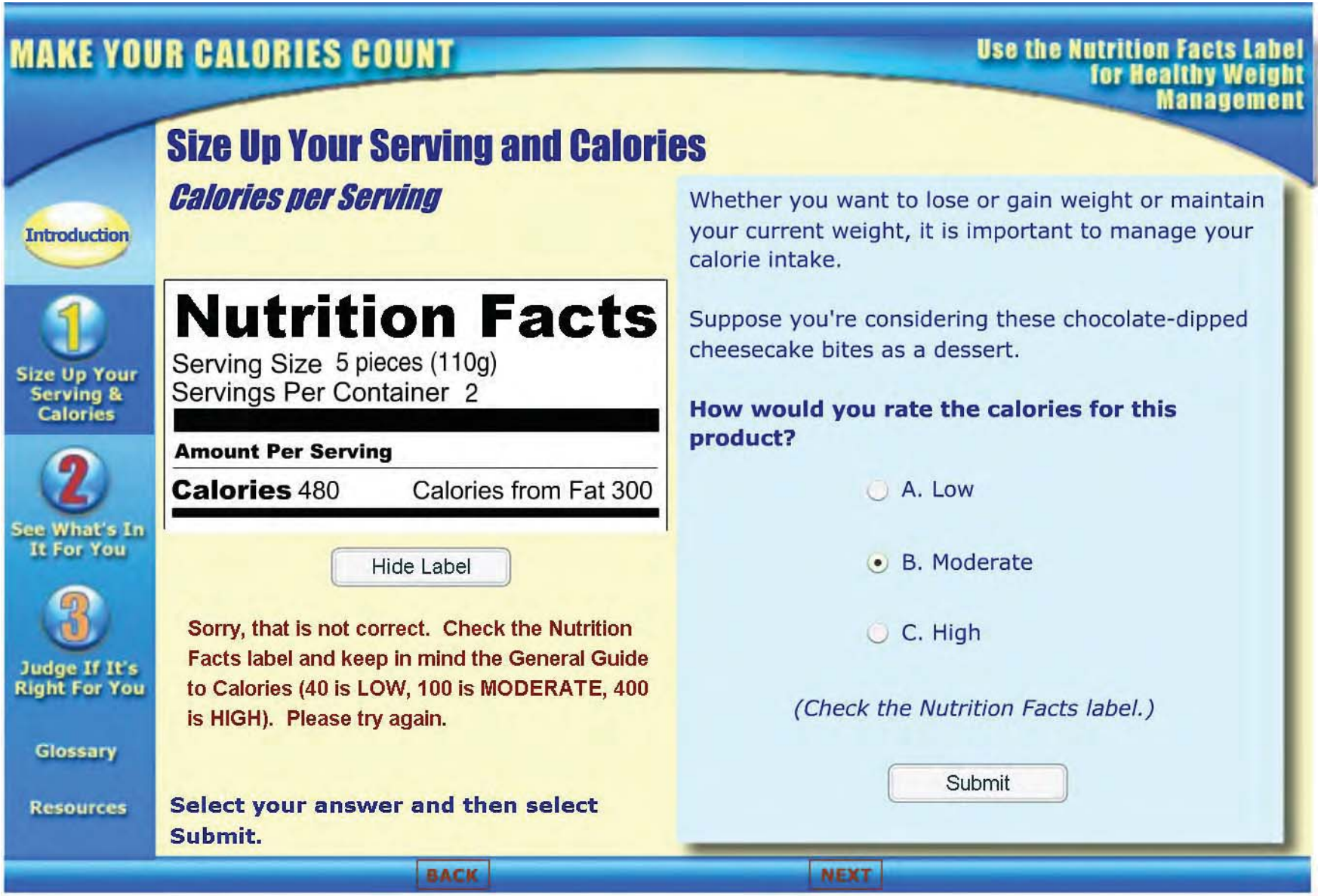
(Check the Nutrition Facts label.)

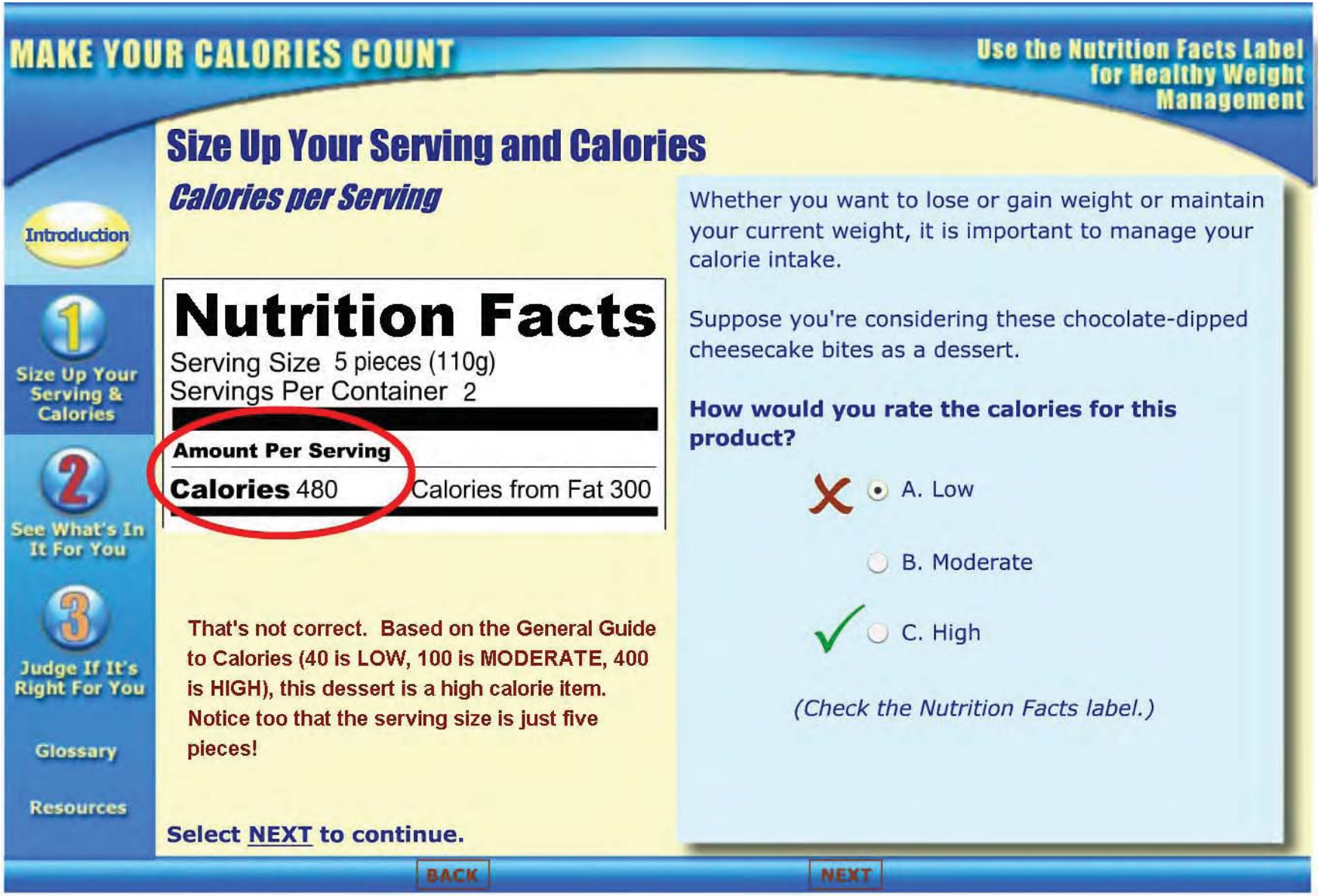
Submit

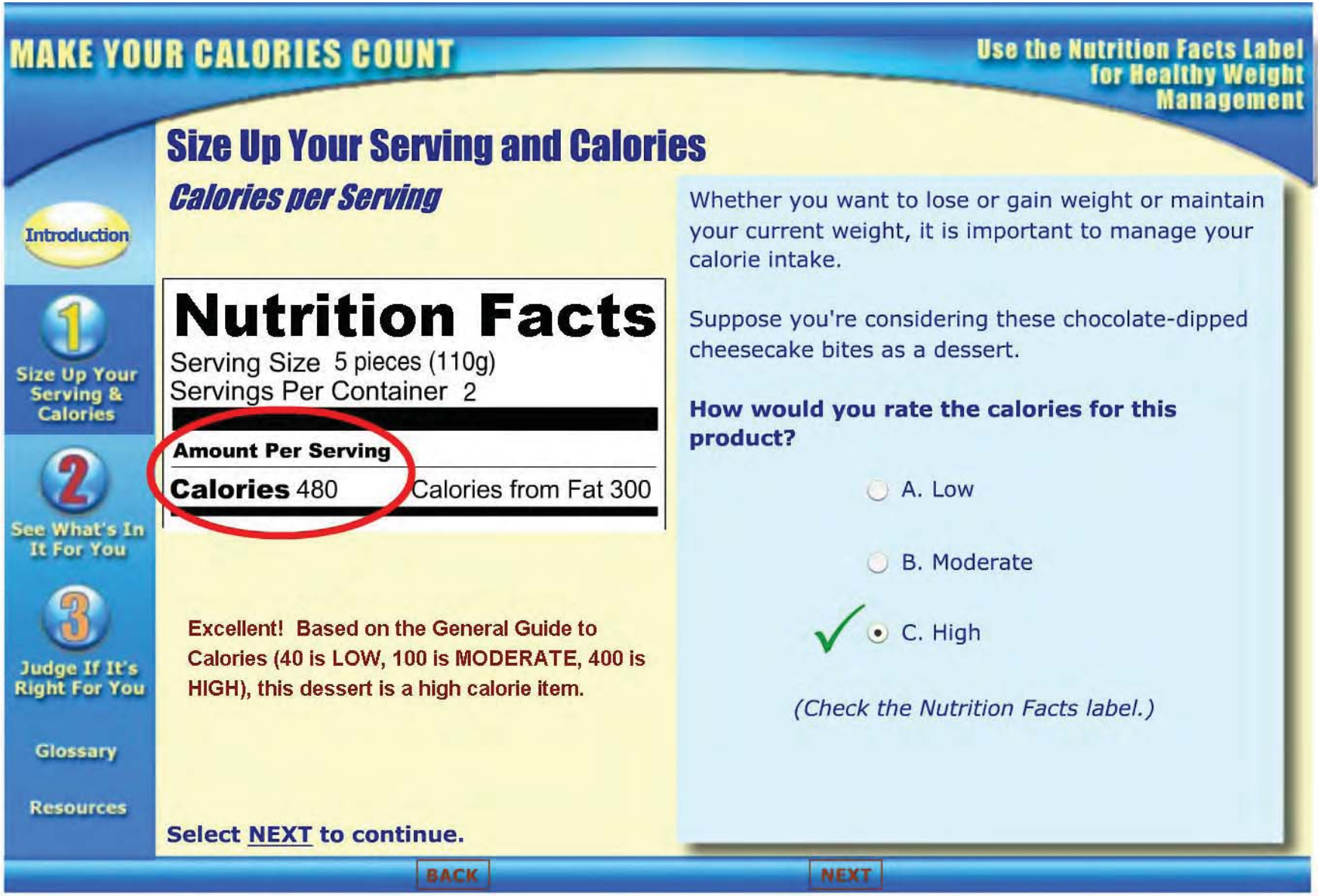
Select your answer and then select Submit.

BACK NEXT


MAKE YOUR CALORIES COUNT
Use the Nutrition Facts Label for Healthy Weight Management
Size Up Your Serving and Calories
Calories per Serving
Introduction
1
Size Up Your Serving & Calories
2
See What's In It For You
3
Judge If It's Right For You
Glossary
Resources
Nutrition Facts
Serving Size 5 pieces (110g)
Servings Per Container 2
Amount Per Serving
Calories 480 Calories from Fat 300
Hide Label
Whether you want to lose or gain weight or maintain your current weight, it is important to manage your calorie intake.
Suppose you're considering these chocolate-dipped cheesecake bites as a dessert.
How would you rate the calories for this product?
A. Low
B. Moderate
C. High
(Check the Nutrition Facts label.)
Submit
Select your answer and then select Submit.
BACK
NEXT


MAKE YOUR CALORIES COUNT
Use the Nutrition Facts Label for Healthy Weight Management
Size Up Your Serving and Calories
Calories per Serving
Introduction
1
Size Up Your Serving & Calories
2
See What's In It For You
3
Judge If It's Right For You
Glossary
Resources
Nutrition Facts
Serving Size 5 pieces (110g)
Servings Per Container 2
Amount Per Serving
Calories 480 Calories from Fat 300
Hide Label
Sorry, that is not correct. Check the Nutrition Facts label and keep in mind the General Guide to Calories (40 is LOW, 100 is MODERATE, 400 is HIGH). Please try again.
Select your answer and then select Submit.
Whether you want to lose or gain weight or maintain your current weight, it is important to manage your calorie intake.
Suppose you're considering these chocolate-dipped cheesecake bites as a dessert.
How would you rate the calories for this product?
A. Low
B. Moderate
C. High
(Check the Nutrition Facts label.)
Submit
BACK
NEXT


MAKE YOUR CALORIES COUNT
Use the Nutrition Facts Label for Healthy Weight Management
Size Up Your Serving and Calories
Calories per Serving
Introduction
1 Size Up Your Serving & Calories
2 See What's In It For You
3 Judge If It's Right For You
Glossary
Resources
Nutrition Facts
Serving Size 5 pieces (110g)
Servings Per Container 2
Amount Per Serving
Calories 480
Calories from Fat 300
That's not correct. Based on the General Guide to Calories (40 is LOW, 100 is MODERATE, 400 is HIGH), this dessert is a high calorie item. Notice too that the serving size is just five pieces!
Select NEXT to continue.
Whether you want to lose or gain weight or maintain your current weight, it is important to manage your calorie intake.
Suppose you're considering these chocolate-dipped cheesecake bites as a dessert.
How would you rate the calories for this product?
A. Low
B. Moderate
C. High
(Check the Nutrition Facts label.)
BACK
NEXT


MAKE YOUR CALORIES COUNT
Use the Nutrition Facts Label for Healthy Weight Management
Size Up Your Serving and Calories
Calories per Serving
Introduction
1 Size Up Your Serving & Calories
2 See What's In It For You
3 Judge If It's Right For You
Glossary
Resources
Nutrition Facts
Serving Size 5 pieces (110g)
Servings Per Container 2
Amount Per Serving
Calories 480
Calories from Fat 300
Excellent! Based on the General Guide to Calories (40 is LOW, 100 is MODERATE, 400 is HIGH), this dessert is a high calorie item.
Select NEXT to continue.
Whether you want to lose or gain weight or maintain your current weight, it is important to manage your calorie intake.
Suppose you're considering these chocolate-dipped cheesecake bites as a dessert.
How would you rate the calories for this product?
A. Low
B. Moderate
C. High
(Check the Nutrition Facts label.)
BACK
NEXT

MAKE YOUR CALORIES COUNT

Use the Nutrition Facts Label for Healthy Weight Management

Size Up Your Serving and Calories

Calories per Serving

Introduction

1 Size Up Your Serving & Calories

2 See What's In It For You

3 Judge If It's Right For You

Glossary

Resources

Nutrition Facts

Serving Size 4 cookies (29g)

Servings Per Container 10

Amount Per Serving

Calories 140 Calories from Fat 60

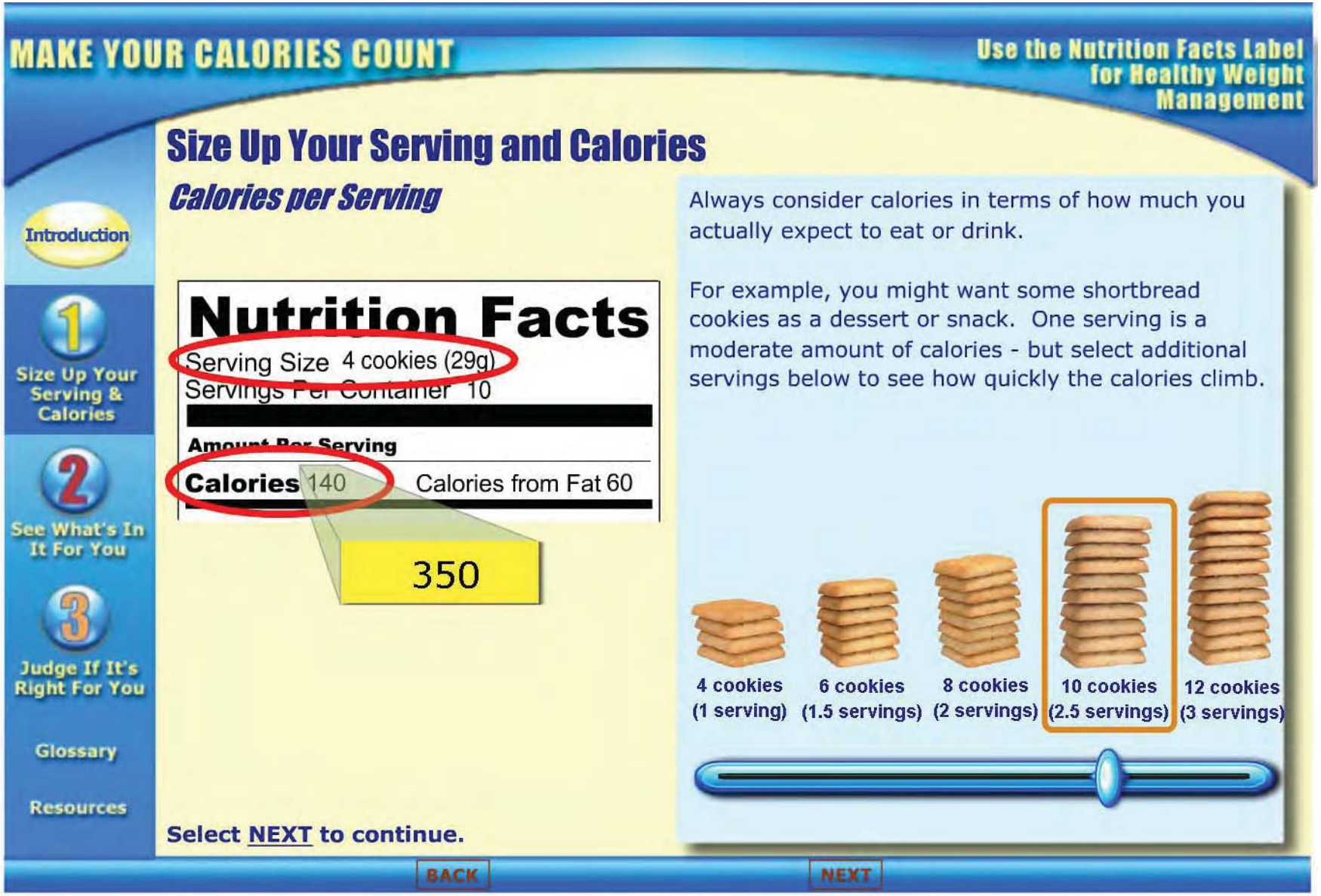
140

Always consider calories in terms of how much you actually expect to eat or drink.

For example, you might want some shortbread cookies as a dessert or snack. One serving is a moderate amount of calories - but select additional servings below to see how quickly the calories climb.

Select NEXT to continue.

BACK NEXT


MAKE YOUR CALORIES COUNT
Use the Nutrition Facts Label for Healthy Weight Management
Size Up Your Serving and Calories
Calories per Serving
Introduction
1 Size Up Your Serving & Calories
2 See What's In It For You
3 Judge If It's Right For You
Glossary
Resources
Nutrition Facts
Serving Size 4 cookies (29g)
Servings Per Container 10
Amount Per Serving
Calories 140
Calories from Fat 60
350
Always consider calories in terms of how much you actually expect to eat or drink.
For example, you might want some shortbread cookies as a dessert or snack. One serving is a moderate amount of calories - but select additional servings below to see how quickly the calories climb.
4 cookies (1 serving)
6 cookies (1.5 servings)
8 cookies (2 servings)
10 cookies (2.5 servings)
12 cookies (3 servings)
Select NEXT to continue.
BACK
NEXT

MAKE YOUR CALORIES COUNT

Use the Nutrition Facts Label for Healthy Weight Management

Size Up Your Serving and Calories

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 31g	**10** %
Dietary Fiber 0g	**0** %
Sugars 5g	
Protein 5g	
Vitamin A	**4** %
Vitamin C	**2** %
Calcium	**20** %
Iron	**4** %

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

	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

The key is to use the Nutrition Facts label to help balance your calories as you manage your weight. Check the serving size and the number of servings you eat or drink because this is where extra calories may hide. Keep in mind that if you double the servings you consume, you double the calories too.

Here's a healthy tip to remember -- when you consume a food that is high in calories, you can balance it by selecting other lower-calorie foods thoughout the day.

Use the **General Guide to Calories** to help you quickly size up calories in a single food item:

40 calories = LOW
100 calories = MODERATE
400 calories = HIGH

Select NEXT to explore another topic.

BACK NEXT

MAKE YOUR CALORIES COUNT

Use the Nutrition Facts Label for Healthy Weight Management

See What's In It For You

Introduction

1 Size Up Your Serving & Calories

2 See What's In It For You

3 Judge If It's Right For You

Glossary

Resources

Healthy weight management includes getting the most nutrition from the calories you eat. This means choosing foods that give you enough of the nutrients you need for good health and limiting those that may contribute to health problems.

Select the highlighted items on the right to see how these sections of the Nutrition Facts label can help you make smart food choices.

Select NEXT to continue.

BACK NEXT

Nutrition Facts

Serving Size 1 cup (228g)
Servings Per Container 2

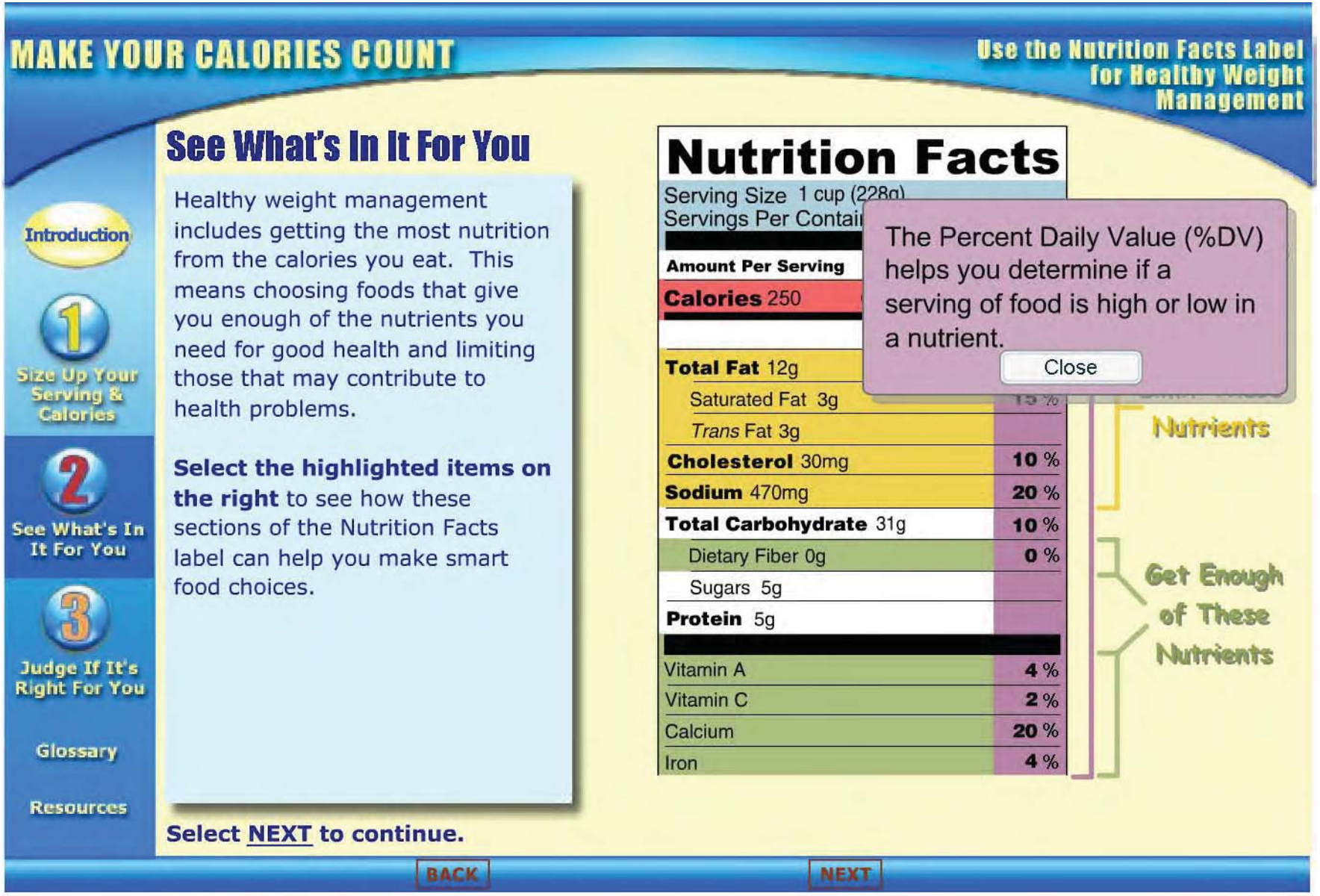
Amount Per Serving

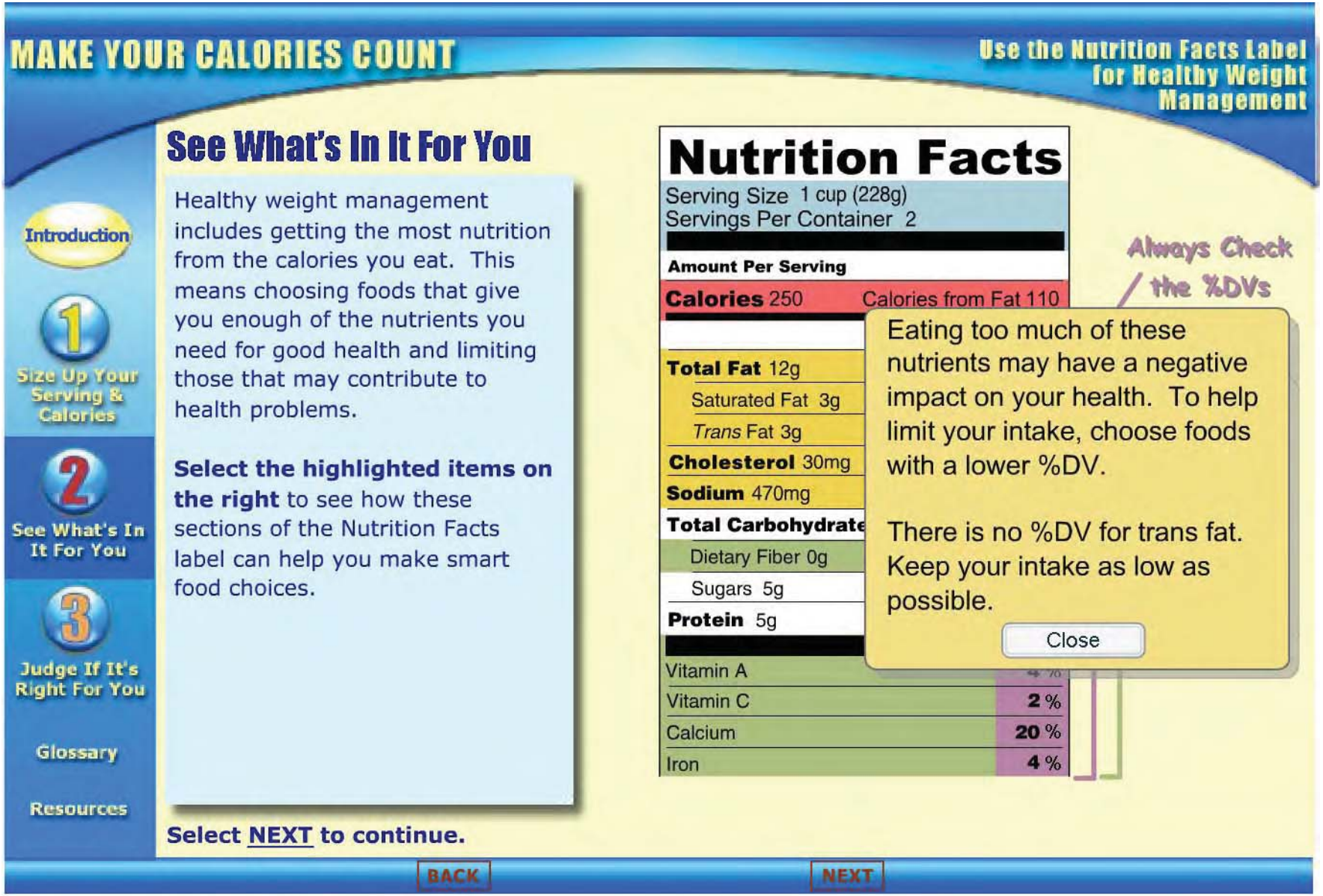
Calories 250 Calories from Fat 110

	% Daily Value *
Total Fat 12g	18 %
Saturated Fat 3g	15 %
Trans Fat 3g	
Cholesterol 30mg	10 %
Sodium 470mg	20 %
Total Carbohydrate 31g	10 %
Dietary Fiber 0g	0 %
Sugars 5g	
Protein 5g	
Vitamin A	4 %
Vitamin C	2 %
Calcium	20 %
Iron	4 %

Always Check the %DVs

Limit These Nutrients


MAKE YOUR CALORIES COUNT
Use the Nutrition Facts Label for Healthy Weight Management
See What's In It For You
Introduction
1 Size Up Your Serving & Calories
2 See What's In It For You
3 Judge If It's Right For You
Glossary
Resources
Healthy weight management includes getting the most nutrition from the calories you eat. This means choosing foods that give you enough of the nutrients you need for good health and limiting those that may contribute to health problems.
Select the highlighted items on the right to see how these sections of the Nutrition Facts label can help you make smart food choices.
Select NEXT to continue.
Nutrition Facts
Serving Size 1 cup (228g)
Servings Per Contai
Amount Per Serving
Calories 250
Total Fat 12g
Saturated Fat 3g
Trans Fat 3g
Cholesterol 30mg 10 %
Sodium 470mg 20 %
Total Carbohydrate 31g 10 %
Dietary Fiber 0g 0 %
Sugars 5g
Protein 5g
Vitamin A 4 %
Vitamin C 2 %
Calcium 20 %
Iron 4 %
The Percent Daily Value (%DV) helps you determine if a serving of food is high or low in a nutrient.
Close
Nutrients
Get Enough of These Nutrients
BACK
NEXT


MAKE YOUR CALORIES COUNT
Use the Nutrition Facts Label for Healthy Weight Management
Introduction
1 Size Up Your Serving & Calories
2 See What's In It For You
3 Judge If It's Right For You
Glossary
Resources
See What's In It For You
Healthy weight management includes getting the most nutrition from the calories you eat. This means choosing foods that give you enough of the nutrients you need for good health and limiting those that may contribute to health problems.
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Nutrition Facts
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Amount Per Serving
Calories 250
Calories from Fat 110
Total Fat 12g
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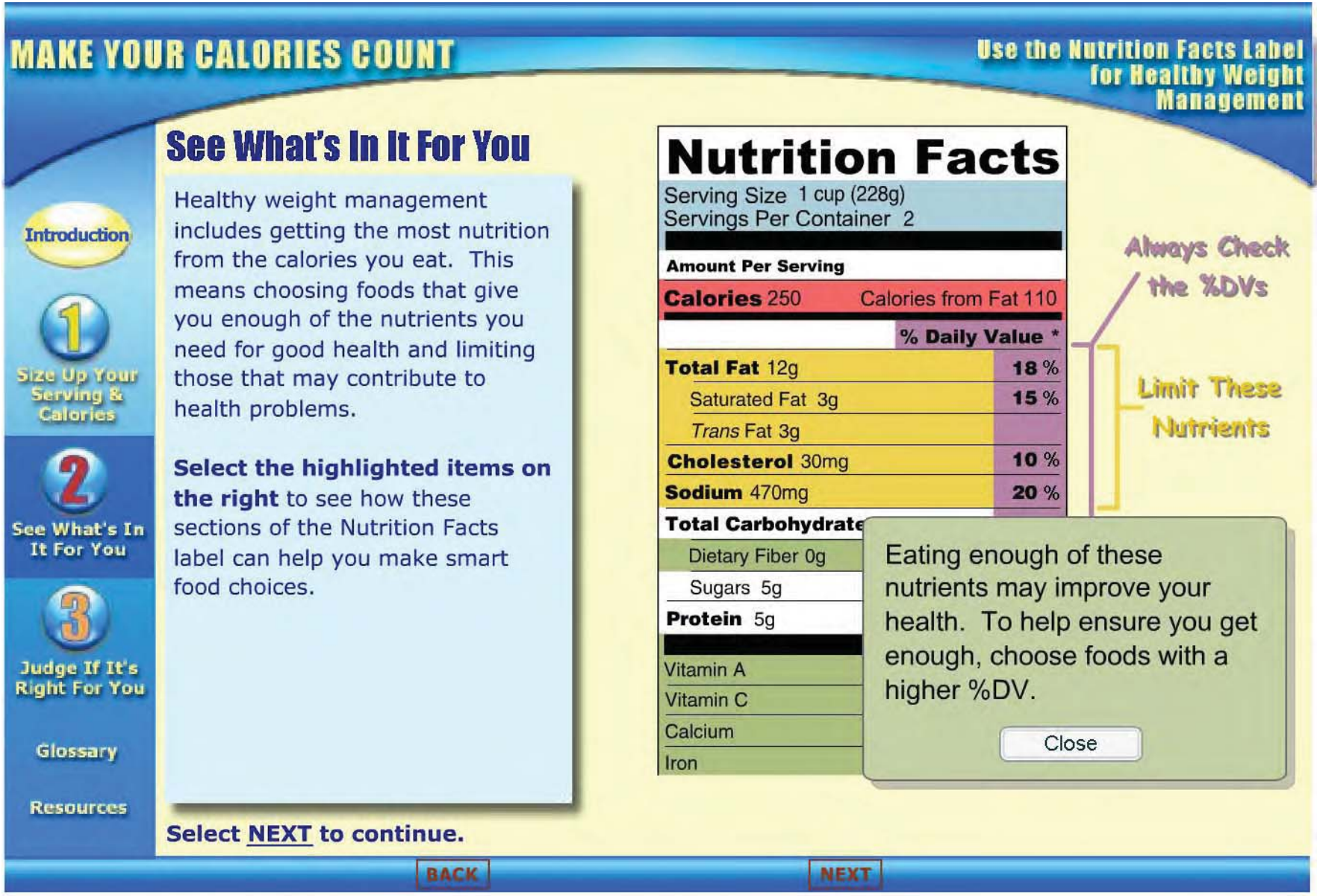
Trans Fat 3g
Cholesterol 30mg
Sodium 470mg
Total Carbohydrate
Dietary Fiber 0g
Sugars 5g
Protein 5g
Vitamin A
Vitamin C 2 %
Calcium 20 %
Iron 4 %
Always Check the %DVs
Eating too much of these nutrients may have a negative impact on your health. To help limit your intake, choose foods with a lower %DV.
There is no %DV for trans fat. Keep your intake as low as possible.
Close
Select NEXT to continue.
BACK
NEXT


MAKE YOUR CALORIES COUNT
Use the Nutrition Facts Label for Healthy Weight Management
Introduction
1 Size Up Your Serving & Calories
2 See What's In It For You
3 Judge If It's Right For You
Glossary
Resources
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Amount Per Serving
Calories 250
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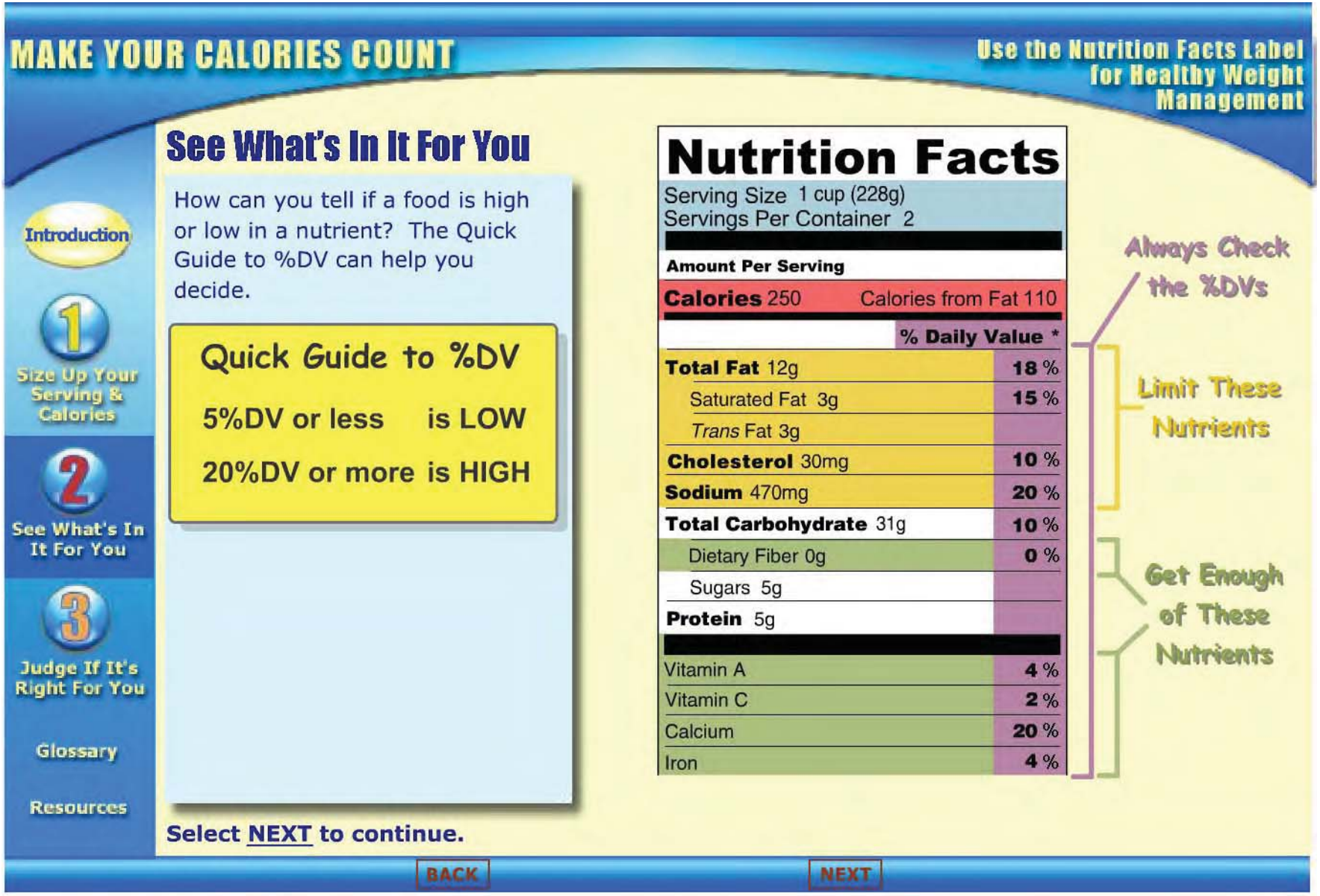
% Daily Value *
Total Fat 12g 18 %
Saturated Fat 3g 15 %
Trans Fat 3g
Cholesterol 30mg 10 %
Sodium 470mg 20 %
Total Carbohydrate
Dietary Fiber 0g
Sugars 5g
Protein 5g
Vitamin A
Vitamin C
Calcium
Iron
Always Check the %DVs
Limit These Nutrients
Eating enough of these nutrients may improve your health. To help ensure you get enough, choose foods with a higher %DV.
Close
Select NEXT to continue.
BACK
NEXT


MAKE YOUR CALORIES COUNT
Use the Nutrition Facts Label for Healthy Weight Management
Introduction
1 Size Up Your Serving & Calories
2 See What's In It For You
3 Judge If It's Right For You
Glossary
Resources
See What's In It For You
How can you tell if a food is high or low in a nutrient? The Quick Guide to %DV can help you decide.
Quick Guide to %DV
5%DV or less is LOW
20%DV or more is HIGH
Select NEXT to continue.
Nutrition Facts
Serving Size 1 cup (228g)
Servings Per Container 2
Amount Per Serving
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Total Fat 12g 18 %
Saturated Fat 3g 15 %
Trans Fat 3g
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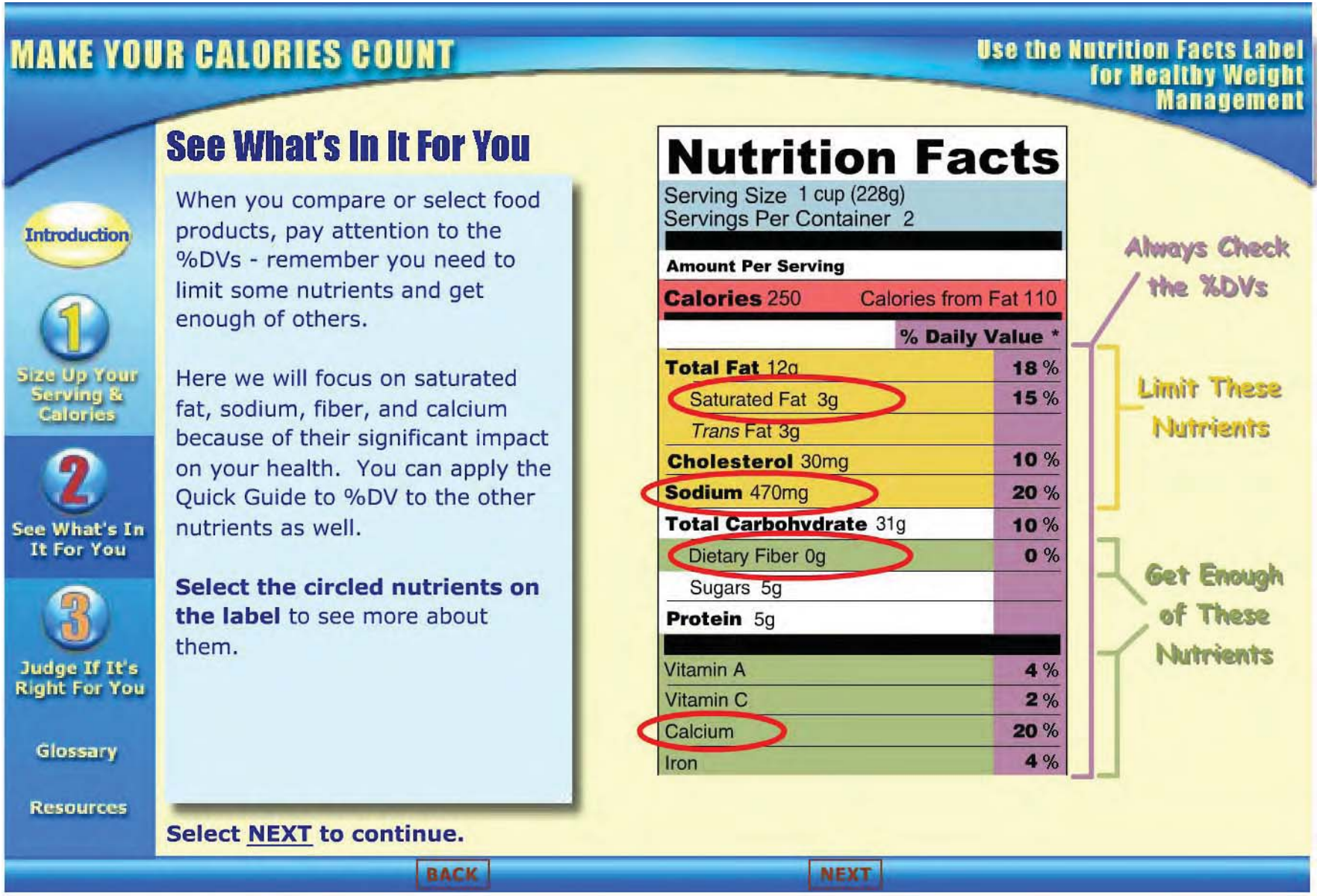
Sodium 470mg 20 %
Total Carbohydrate 31g 10 %
Dietary Fiber 0g 0 %
Sugars 5g
Protein 5g
Vitamin A 4 %
Vitamin C 2 %
Calcium 20 %
Iron 4 %
Always Check the %DVs
Limit These Nutrients
Get Enough of These Nutrients
BACK
NEXT


MAKE YOUR CALORIES COUNT
Use the Nutrition Facts Label for Healthy Weight Management
Introduction
1 Size Up Your Serving & Calories
2 See What's In It For You
3 Judge If It's Right For You
Glossary
Resources
See What's In It For You
When you compare or select food products, pay attention to the %DVs - remember you need to limit some nutrients and get enough of others.
Here we will focus on saturated fat, sodium, fiber, and calcium because of their significant impact on your health. You can apply the Quick Guide to %DV to the other nutrients as well.
Select the circled nutrients on the label to see more about them.
Select NEXT to continue.
Nutrition Facts
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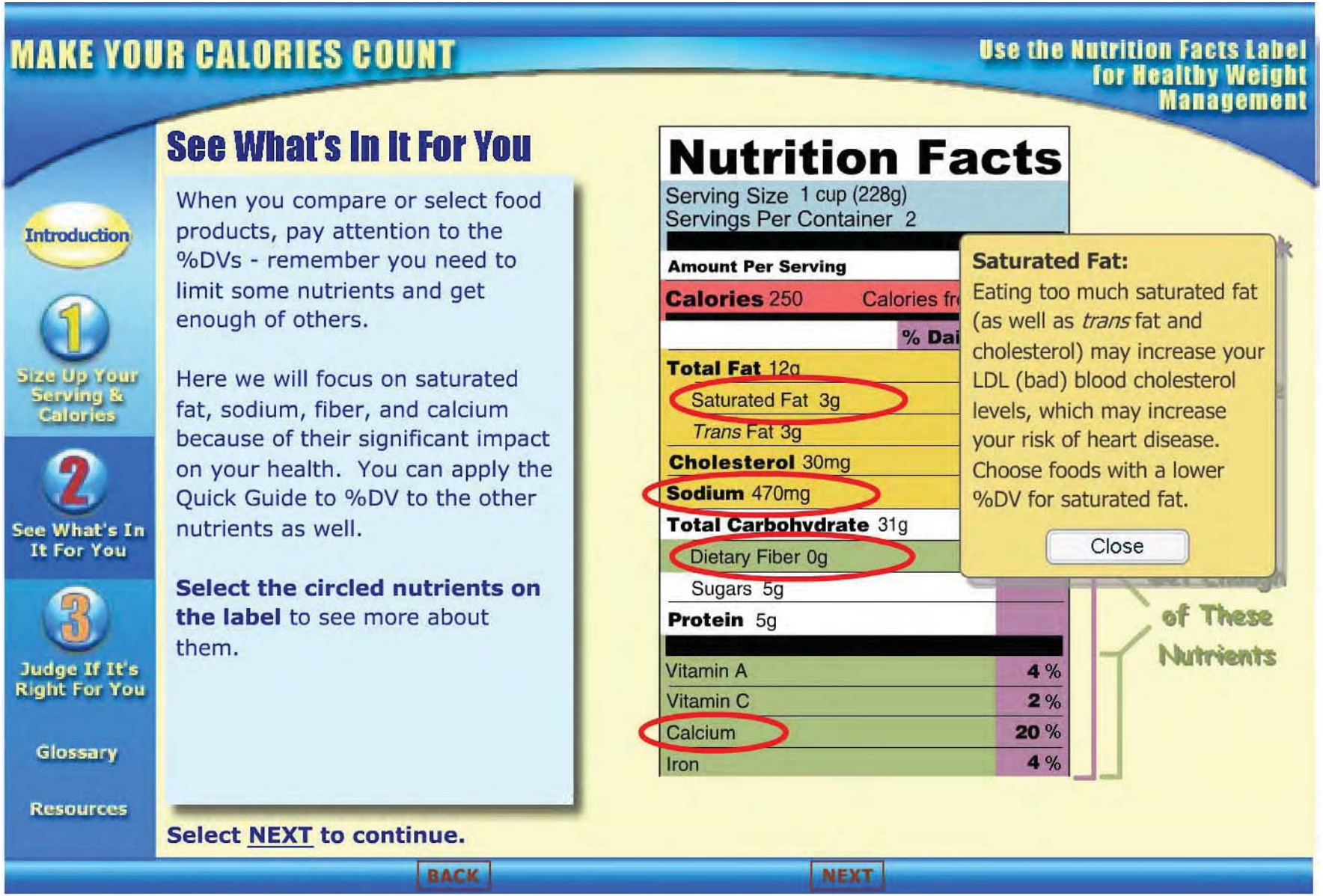
Sugars 5g
Protein 5g
Vitamin A 4 %
Vitamin C 2 %
Calcium 20 %
Iron 4 %
Always Check the %DVs
Limit These Nutrients
Get Enough of These Nutrients
BACK
NEXT


MAKE YOUR CALORIES COUNT
Use the Nutrition Facts Label for Healthy Weight Management
Introduction
1 Size Up Your Serving & Calories
2 See What's In It For You
3 Judge If It's Right For You
Glossary
Resources
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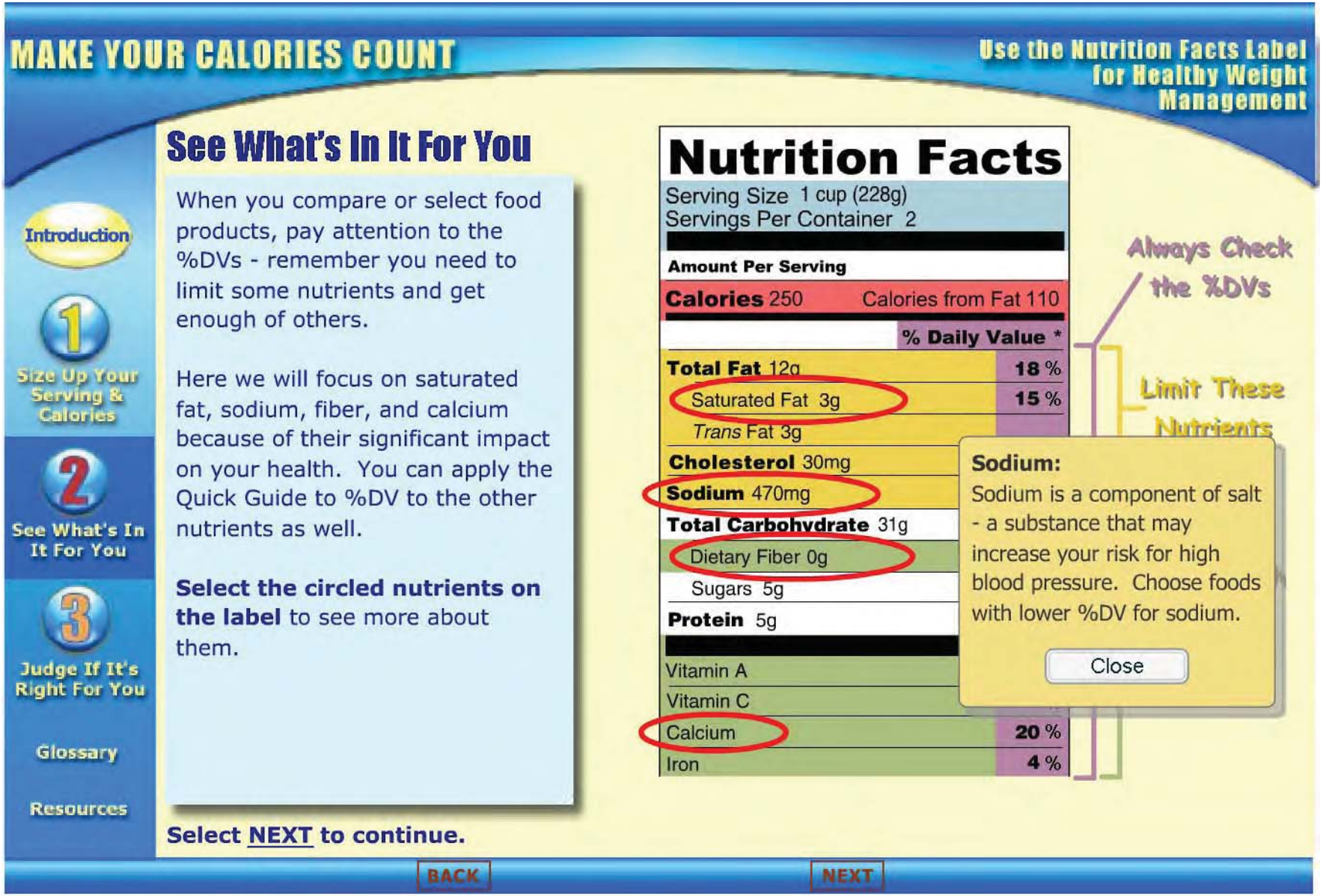
Trans Fat 3g
Cholesterol 30mg
Sodium 470mg
Total Carbohydrate 31g
Dietary Fiber 0g
Sugars 5g
Protein 5g
Vitamin A 4 %
Vitamin C 2 %
Calcium 20 %
Iron 4 %
Saturated Fat:
Eating too much saturated fat (as well as trans fat and cholesterol) may increase your LDL (bad) blood cholesterol levels, which may increase your risk of heart disease. Choose foods with a lower %DV for saturated fat.
Close
of These Nutrients
Select NEXT to continue.
BACK
NEXT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Select the circled nutrients on the label to see more about them.
Select NEXT to continue.
Introduction
1 Size Up Your Serving & Calories
2 See What's In It For You
3 Judge If It's Right For You
Glossary
Resources
Nutrition Facts
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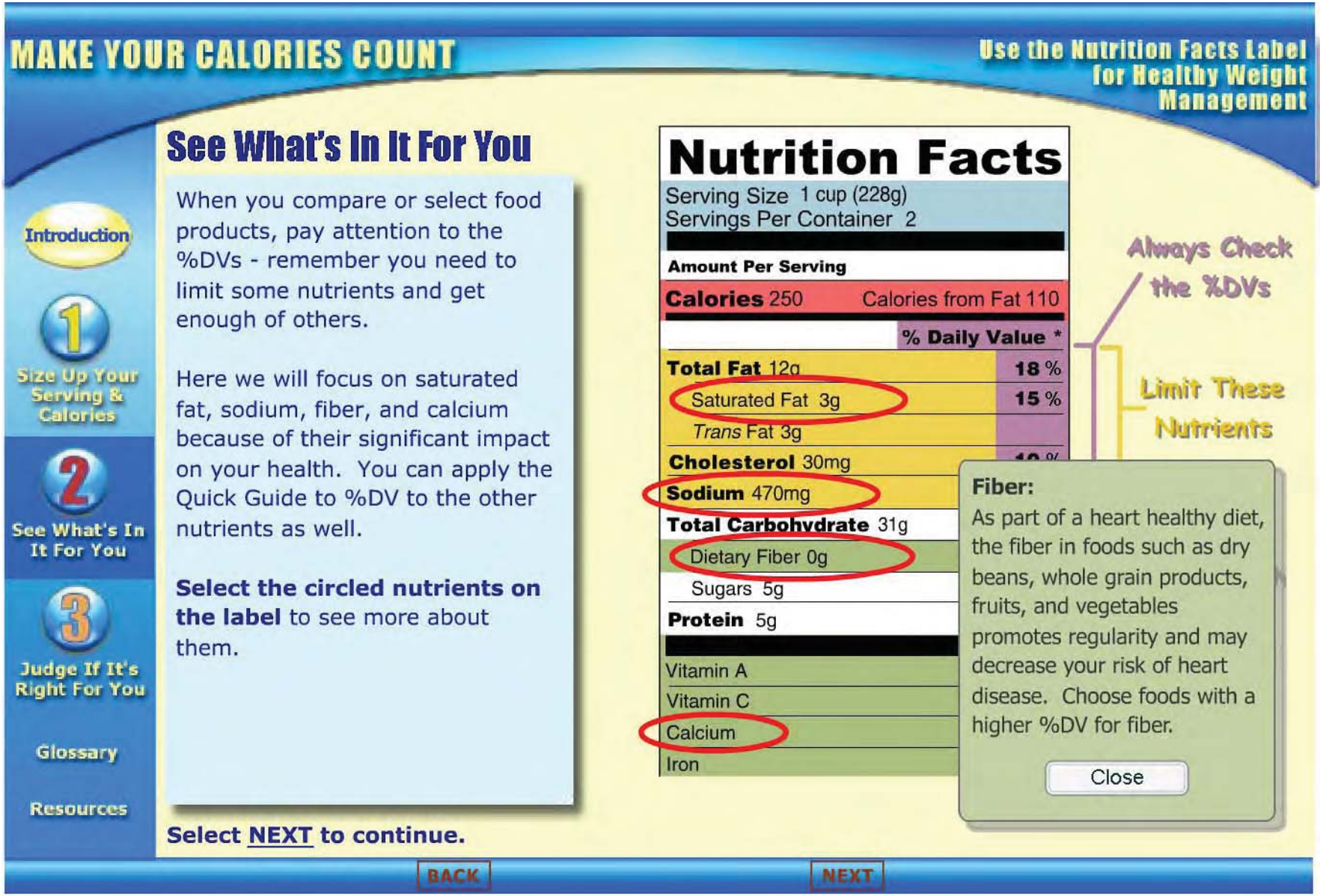
Trans Fat 3g
Cholesterol 30mg
Sodium 470mg
Total Carbohydrate 31g
Dietary Fiber 0g
Sugars 5g
Protein 5g
Vitamin A
Vitamin C
Calcium 20 %
Iron 4 %
Always Check the %DVs
Limit These Nutrients
Sodium:
Sodium is a component of salt - a substance that may increase your risk for high blood pressure. Choose foods with lower %DV for sodium.
Close
BACK
NEXT


MAKE YOUR CALORIES COUNT
Use the Nutrition Facts Label for Healthy Weight Management
Introduction
1 Size Up Your Serving & Calories
2 See What's In It For You
3 Judge If It's Right For You
Glossary
Resources
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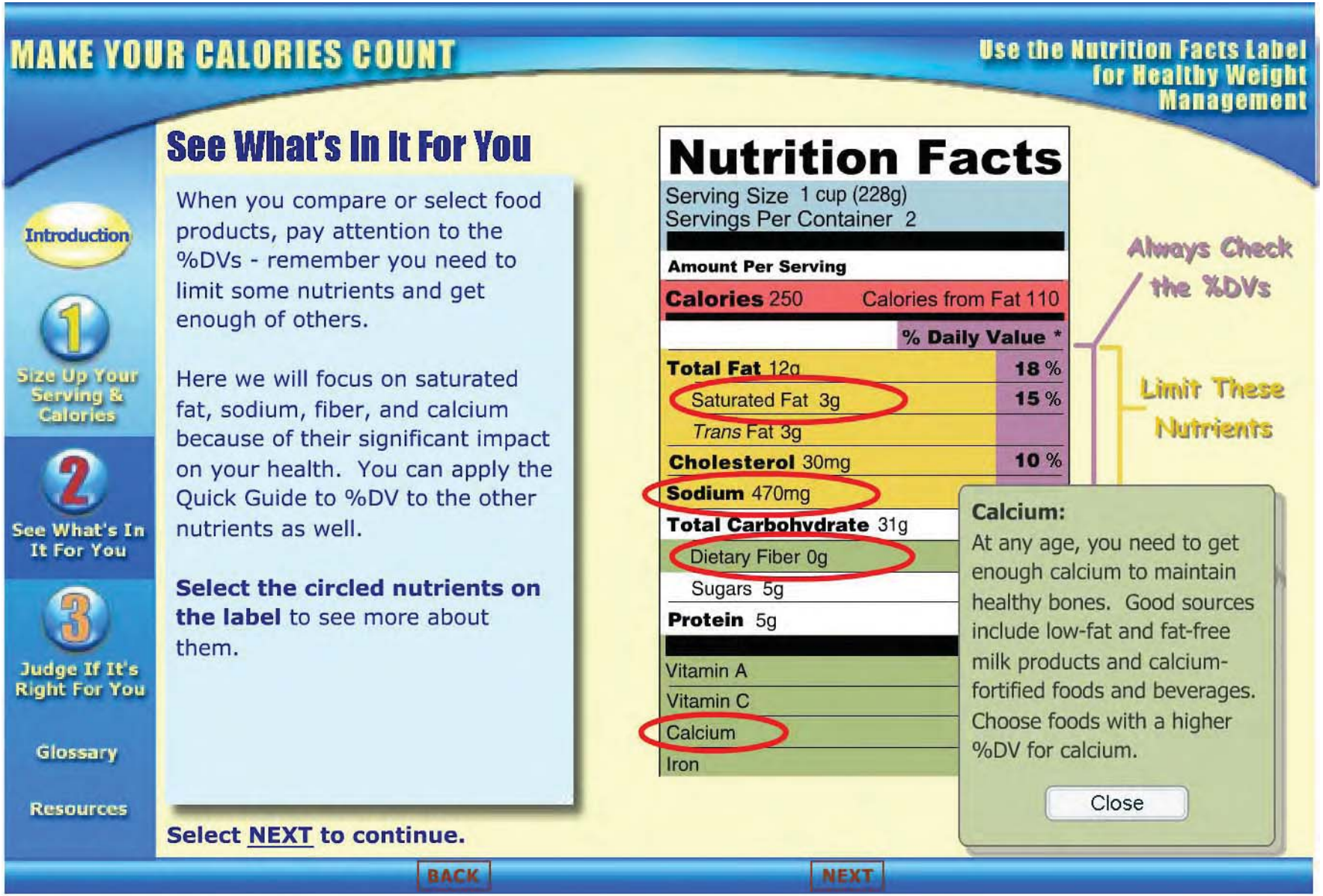
Sodium 470mg
Total Carbohydrate 31g
Dietary Fiber 0g
Sugars 5g
Protein 5g
Vitamin A
Vitamin C
Calcium
Iron
Always Check the %DVs
Limit These Nutrients
Fiber:
As part of a heart healthy diet, the fiber in foods such as dry beans, whole grain products, fruits, and vegetables promotes regularity and may decrease your risk of heart disease. Choose foods with a higher %DV for fiber.
Close
BACK
NEXT


MAKE YOUR CALORIES COUNT
Use the Nutrition Facts Label for Healthy Weight Management
Introduction
1 Size Up Your Serving & Calories
2 See What's In It For You
3 Judge If It's Right For You
Glossary
Resources
See What's In It For You
When you compare or select food products, pay attention to the %DVs - remember you need to limit some nutrients and get enough of others.
Here we will focus on saturated fat, sodium, fiber, and calcium because of their significant impact on your health. You can apply the Quick Guide to %DV to the other nutrients as well.
Select the circled nutrients on the label to see more about them.
Select NEXT to continue.
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
Total Carbohydrate 31g
Dietary Fiber 0g
Sugars 5g
Protein 5g
Vitamin A
Vitamin C
Calcium
Iron
Always Check the %DVs
Limit These Nutrients
Calcium:
At any age, you need to get enough calcium to maintain healthy bones. Good sources include low-fat and fat-free milk products and calcium-fortified foods and beverages. Choose foods with a higher %DV for calcium.
Close
BACK
NEXT

MAKE YOUR CALORIES COUNT

Use the Nutrition Facts Label for Healthy Weight Management

See What's In It For You

Introduction

1 Size Up Your Serving & Calories

2 See What's In It For You

3 Judge If It's Right For You

Glossary

Resources

Breakfast foods offer a good opportunity to maximize your fiber and calcium while keeping your fat and sodium relatively low.

Which of these cereals is high in *fiber*? Use the label to find out.

- A. Mega Crunch Flakes
- B. Nut & Honey Nuggets

(Check the Nutrition Facts labels.)

Submit

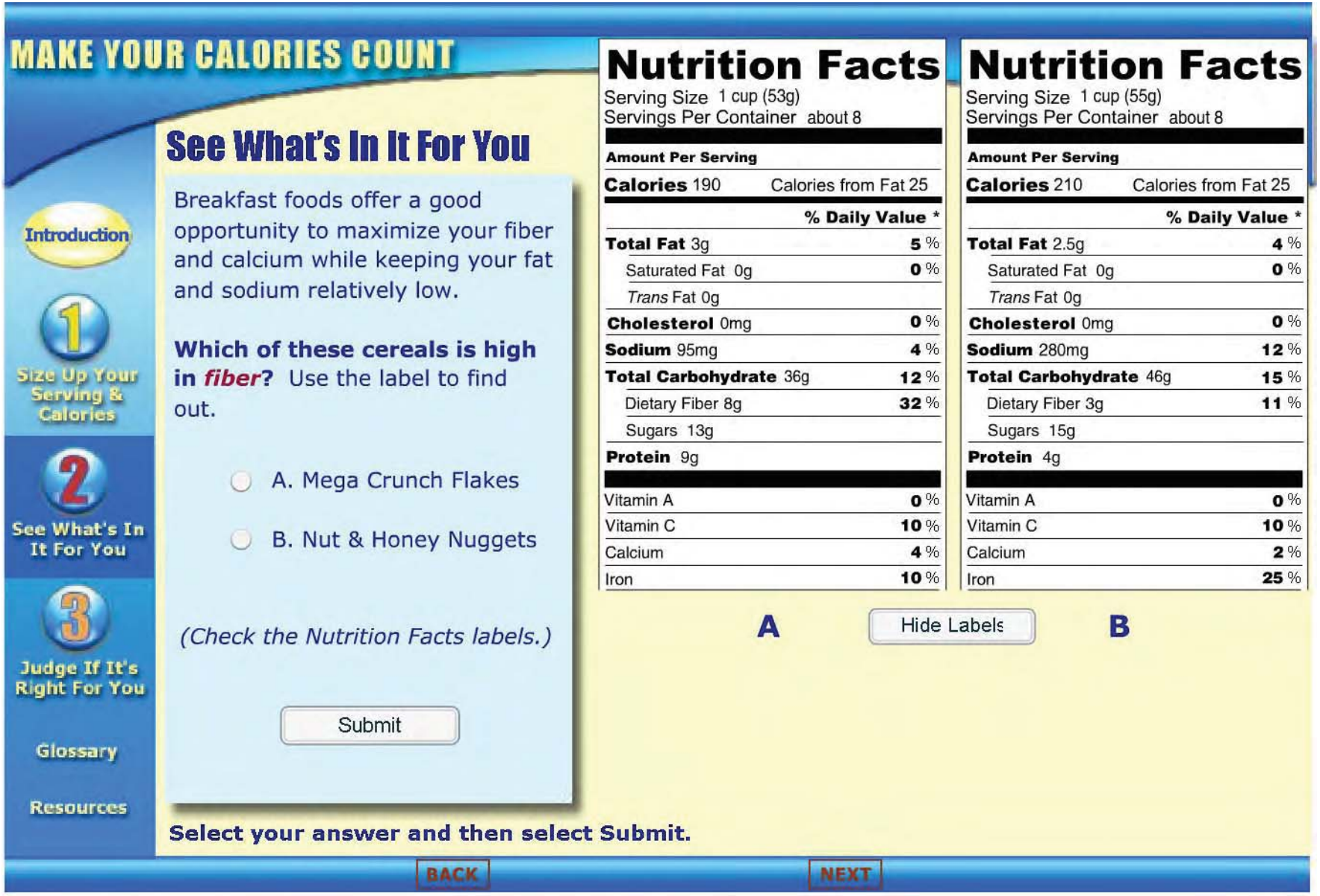
A.

B.

Show Labels

Select your answer and then select Submit.

BACK NEXT


MAKE YOUR CALORIES COUNT
See What's In It For You
Introduction
1 Size Up Your Serving & Calories
2 See What's In It For You
3 Judge If It's Right For You
Glossary
Resources
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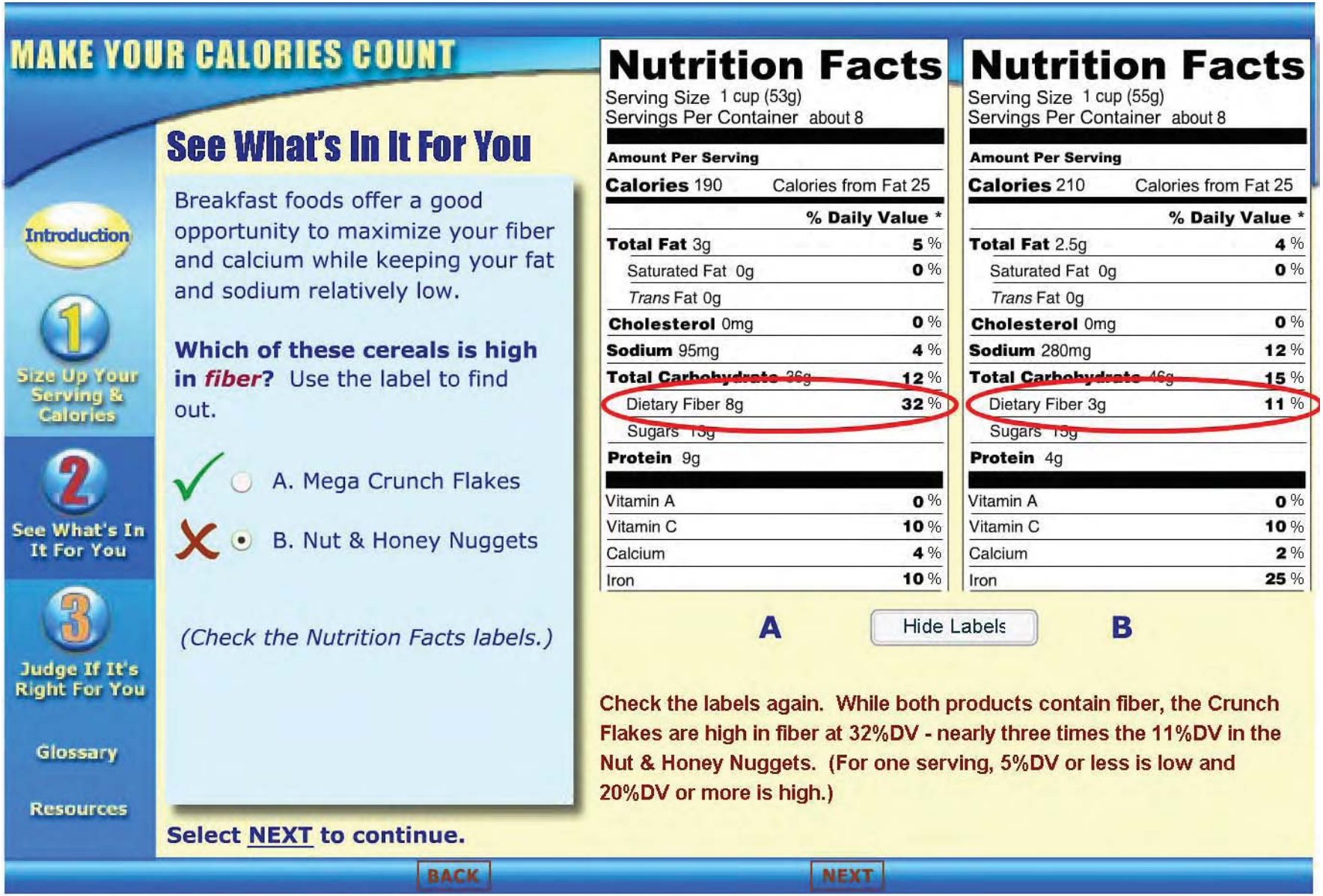
Which of these cereals is high in fiber? Use the label to find out.
A. Mega Crunch Flakes
B. Nut & Honey Nuggets
(Check the Nutrition Facts labels.)
Submit
Nutrition Facts
Serving Size 1 cup (53g)
Servings Per Container about 8
Amount Per Serving
Calories 190 Calories from Fat 25
% Daily Value *
Total Fat 3g 5 %
Saturated Fat 0g 0 %
Trans Fat 0g
Cholesterol 0mg 0 %
Sodium 95mg 4 %
Total Carbohydrate 36g 12 %
Dietary Fiber 8g 32 %
Sugars 13g
Protein 9g
Vitamin A 0 %
Vitamin C 10 %
Calcium 4 %
Iron 10 %
Nutrition Facts
Serving Size 1 cup (55g)
Servings Per Container about 8
Amount Per Serving
Calories 210 Calories from Fat 25
% Daily Value *
Total Fat 2.5g 4 %
Saturated Fat 0g 0 %
Trans Fat 0g
Cholesterol 0mg 0 %
Sodium 280mg 12 %
Total Carbohydrate 46g 15 %
Dietary Fiber 3g 11 %
Sugars 15g
Protein 4g
Vitamin A 0 %
Vitamin C 10 %
Calcium 2 %
Iron 25 %
A
Hide Labels
B
Select your answer and then select Submit.
BACK
NEXT


MAKE YOUR CALORIES COUNT
Introduction
1 Size Up Your Serving & Calories
2 See What's In It For You
3 Judge If It's Right For You
Glossary
Resources
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Saturated Fat 0g 0 %
Trans Fat 0g
Cholesterol 0mg 0 %
Sodium 95mg 4 %
Total Carbohydrate 36g 12 %
Dietary Fiber 8g 32 %
Sugars 13g
Protein 9g
Vitamin A 0 %
Vitamin C 10 %
Calcium 4 %
Iron 10 %
Nutrition Facts
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Amount Per Serving
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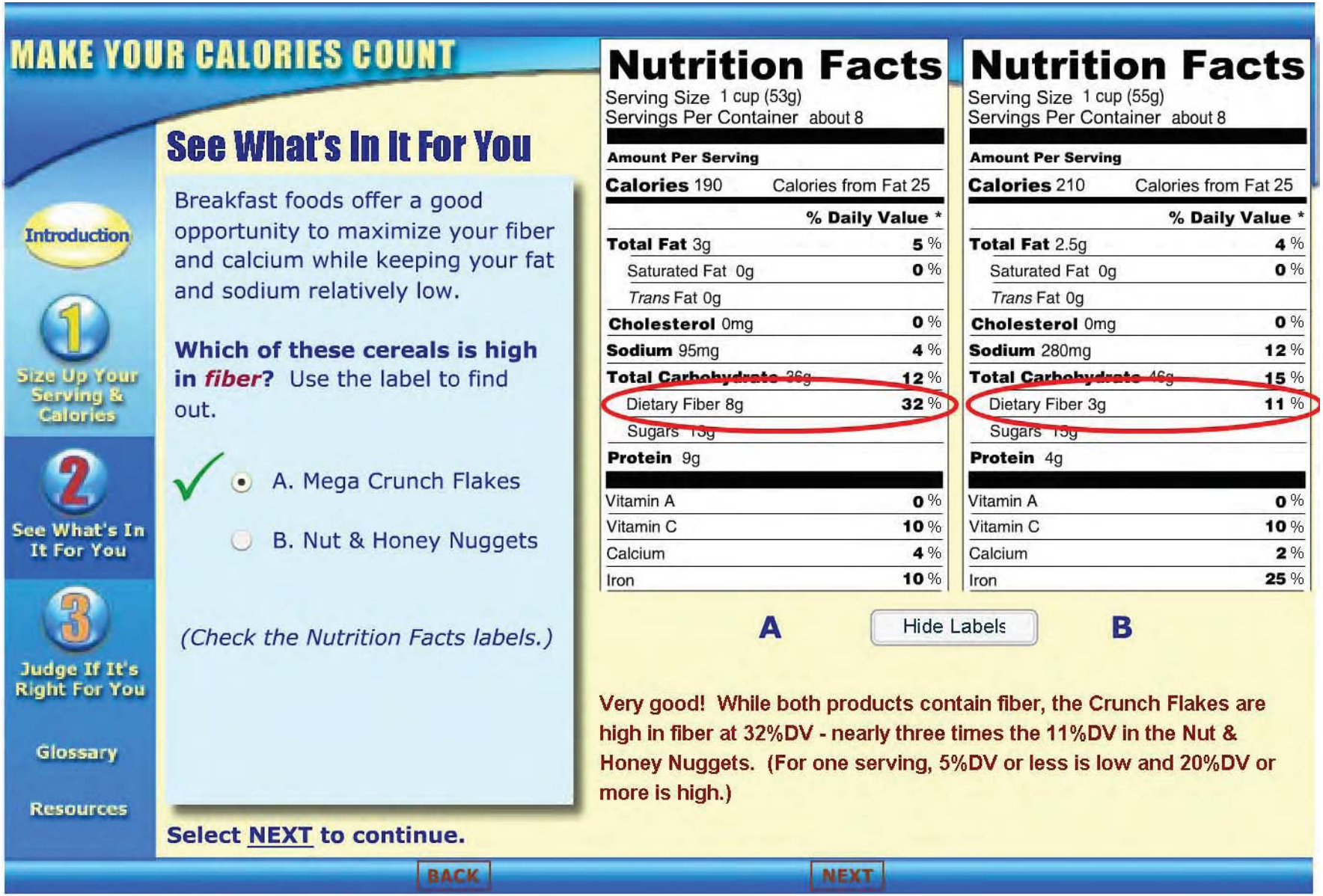
Trans Fat 0g
Cholesterol 0mg 0 %
Sodium 280mg 12 %
Total Carbohydrate 46g 15 %
Dietary Fiber 3g 11 %
Sugars 15g
Protein 4g
Vitamin A 0 %
Vitamin C 10 %
Calcium 2 %
Iron 25 %
A
Hide Labels
B
Check the labels again. While both products contain fiber, the Crunch Flakes are high in fiber at 32%DV - nearly three times the 11%DV in the Nut & Honey Nuggets. (For one serving, 5%DV or less is low and 20%DV or more is high.)
BACK
NEXT


MAKE YOUR CALORIES COUNT
Introduction
1 Size Up Your Serving & Calories
2 See What's In It For You
3 Judge If It's Right For You
Glossary
Resources
See What's In It For You
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Select NEXT to continue.
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% Daily Value *
Total Fat 3g 5 %
Saturated Fat 0g 0 %
Trans Fat 0g
Cholesterol 0mg 0 %
Sodium 95mg 4 %
Total Carbohydrate 36g 12 %
Dietary Fiber 8g 32 %
Sugars 13g
Protein 9g
Vitamin A 0 %
Vitamin C 10 %
Calcium 4 %
Iron 10 %
Nutrition Facts
Serving Size 1 cup (55g)
Servings Per Container about 8
Amount Per Serving
Calories 210 Calories from Fat 25
% Daily Value *
Total Fat 2.5g 4 %
Saturated Fat 0g 0 %
Trans Fat 0g
Cholesterol 0mg 0 %
Sodium 280mg 12 %
Total Carbohydrate 46g 15 %
Dietary Fiber 3g 11 %
Sugars 15g
Protein 4g
Vitamin A 0 %
Vitamin C 10 %
Calcium 2 %
Iron 25 %
A
Hide Labels
B
Very good! While both products contain fiber, the Crunch Flakes are high in fiber at 32%DV - nearly three times the 11%DV in the Nut & Honey Nuggets. (For one serving, 5%DV or less is low and 20%DV or more is high.)
BACK
NEXT

MAKE YOUR CALORIES COUNT

Use the Nutrition Facts Label for Healthy Weight Management

See What's In It For You

- Introduction
- 1 Size Up Your Serving & Calories
- 2 See What's In It For You
- 3 Judge If It's Right For You
- Glossary
- Resources

Milk and products that contain milk are good sources of calcium. However, it is important to check the Nutrition Facts label - calcium levels may vary widely even in products that seem similar.

For example, which of these four ounce containers is high in *calcium*?

- A. Strawberries and Cream Pudding
- B. Creamy Strawberry Yogurt

(Check the Nutrition Facts labels.)

Submit

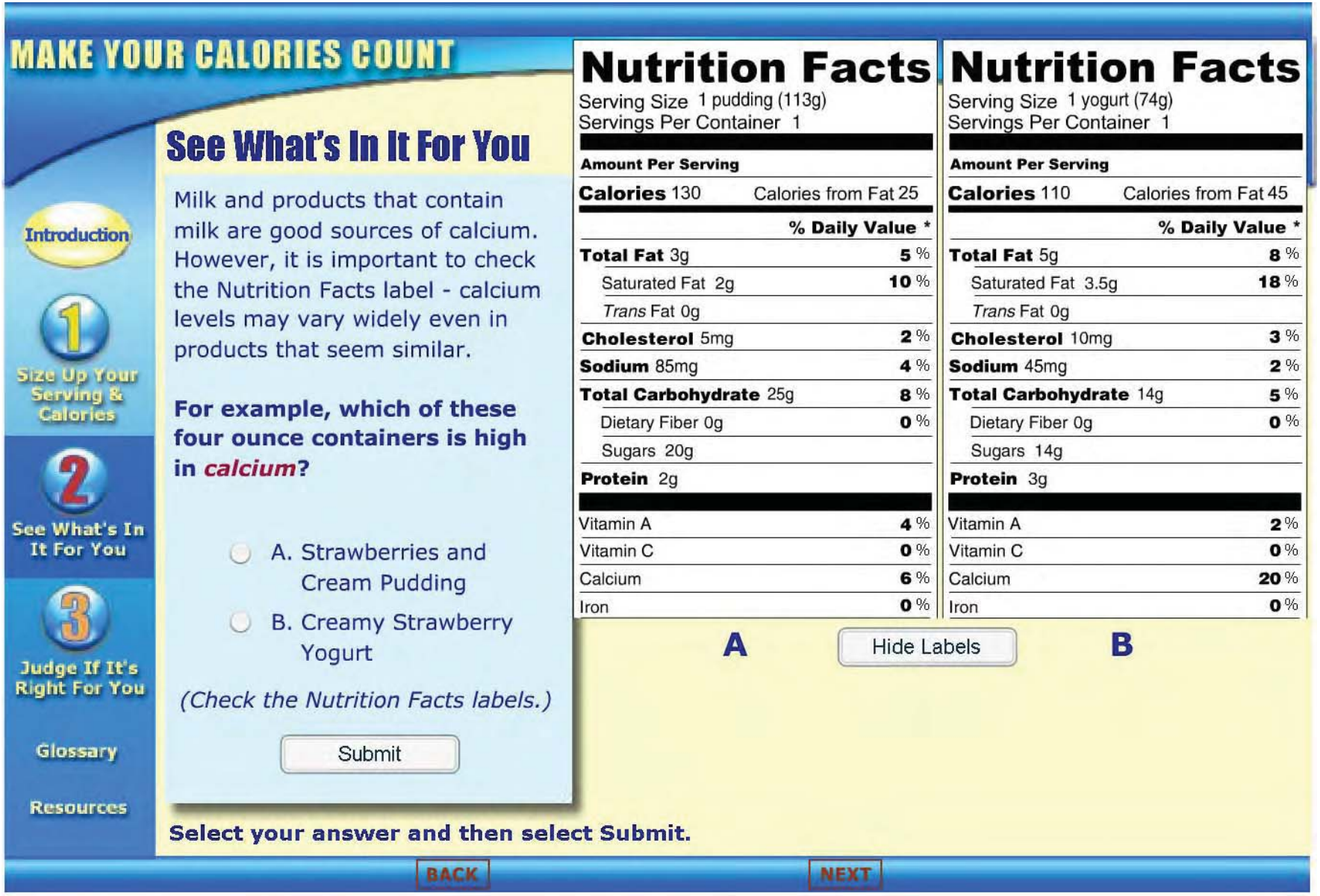
A.

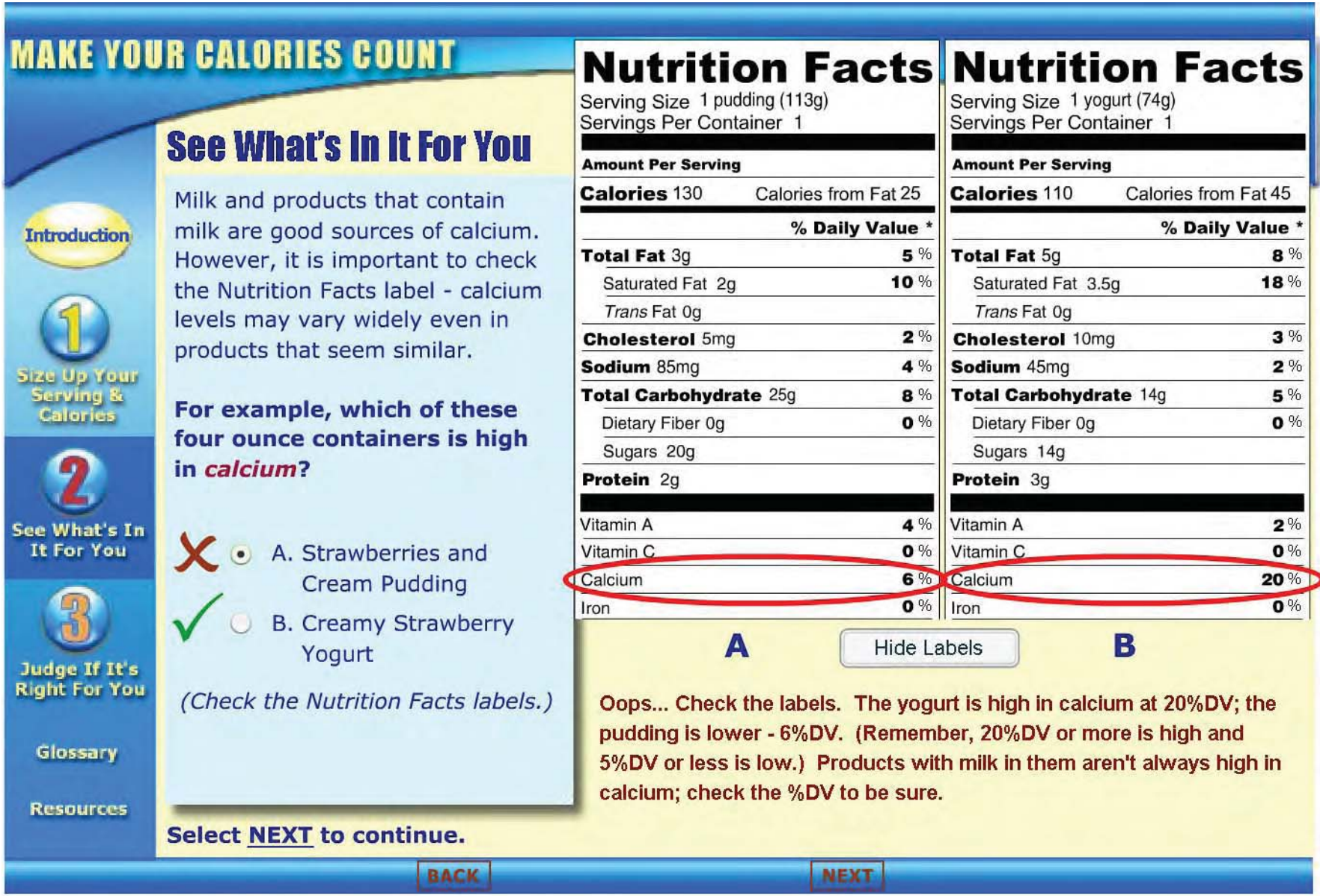
B.

Show Labels

Select your answer and then select Submit.

BACK NEXT


MAKE YOUR CALORIES COUNT
Introduction
1
Size Up Your Serving & Calories
2
See What's In It For You
3
Judge If It's Right For You
Glossary
Resources
See What's In It For You
Milk and products that contain milk are good sources of calcium. However, it is important to check the Nutrition Facts label - calcium levels may vary widely even in products that seem similar.
For example, which of these four ounce containers is high in calcium?
A. Strawberries and Cream Pudding
B. Creamy Strawberry Yogurt
(Check the Nutrition Facts labels.)
Submit
Nutrition Facts
Serving Size 1 pudding (113g)
Servings Per Container 1
Amount Per Serving
Calories 130 Calories from Fat 25
% Daily Value *
Total Fat 3g 5 %
Saturated Fat 2g 10 %
Trans Fat 0g
Cholesterol 5mg 2 %
Sodium 85mg 4 %
Total Carbohydrate 25g 8 %
Dietary Fiber 0g 0 %
Sugars 20g
Protein 2g
Vitamin A 4 %
Vitamin C 0 %
Calcium 6 %
Iron 0 %
Nutrition Facts
Serving Size 1 yogurt (74g)
Servings Per Container 1
Amount Per Serving
Calories 110 Calories from Fat 45
% Daily Value *
Total Fat 5g 8 %
Saturated Fat 3.5g 18 %
Trans Fat 0g
Cholesterol 10mg 3 %
Sodium 45mg 2 %
Total Carbohydrate 14g 5 %
Dietary Fiber 0g 0 %
Sugars 14g
Protein 3g
Vitamin A 2 %
Vitamin C 0 %
Calcium 20 %
Iron 0 %
A
Hide Labels
B
Select your answer and then select Submit.
BACK
NEXT


MAKE YOUR CALORIES COUNT
See What's In It For You
Introduction
1 Size Up Your Serving & Calories
2 See What's In It For You
3 Judge If It's Right For You
Glossary
Resources
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(Check the Nutrition Facts labels.)
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Servings Per Container 1
Amount Per Serving
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% Daily Value *
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Saturated Fat 2g 10 %
Trans Fat 0g
Cholesterol 5mg 2 %
Sodium 85mg 4 %
Total Carbohydrate 25g 8 %
Dietary Fiber 0g 0 %
Sugars 20g
Protein 2g
Vitamin A 4 %
Vitamin C 0 %
Calcium 6 %
Iron 0 %
Nutrition Facts
Serving Size 1 yogurt (74g)
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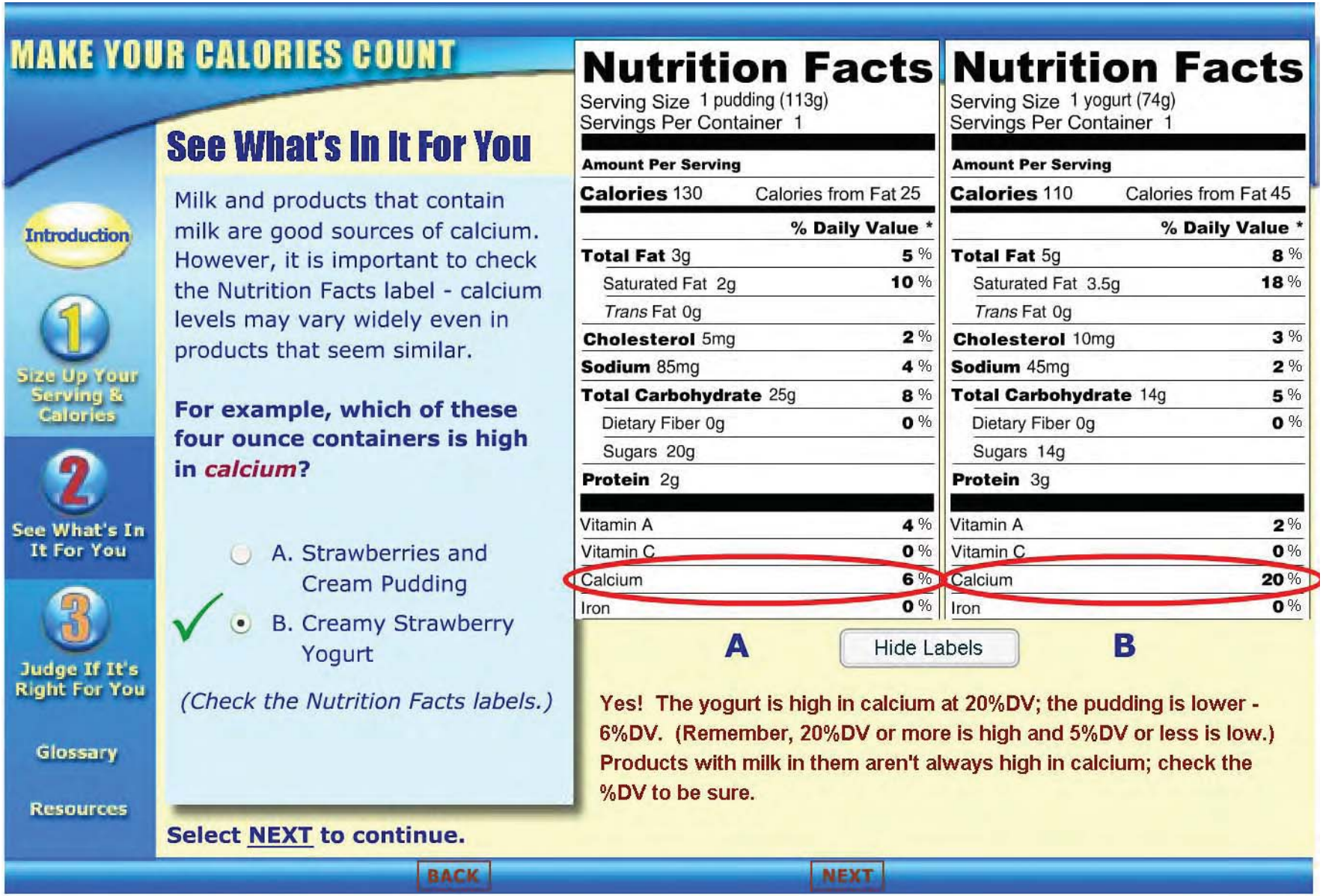
Amount Per Serving
Calories 110 Calories from Fat 45
% Daily Value *
Total Fat 5g 8 %
Saturated Fat 3.5g 18 %
Trans Fat 0g
Cholesterol 10mg 3 %
Sodium 45mg 2 %
Total Carbohydrate 14g 5 %
Dietary Fiber 0g 0 %
Sugars 14g
Protein 3g
Vitamin A 2 %
Vitamin C 0 %
Calcium 20 %
Iron 0 %
A
Hide Labels
B
Oops... Check the labels. The yogurt is high in calcium at 20%DV; the pudding is lower - 6%DV. (Remember, 20%DV or more is high and 5%DV or less is low.) Products with milk in them aren't always high in calcium; check the %DV to be sure.
Select NEXT to continue.
BACK
NEXT


MAKE YOUR CALORIES COUNT
See What's In It For You
Introduction
1
Size Up Your Serving & Calories
2
See What's In It For You
3
Judge If It's Right For You
Glossary
Resources
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For example, which of these four ounce containers is high in calcium?
A. Strawberries and Cream Pudding
B. Creamy Strawberry Yogurt
(Check the Nutrition Facts labels.)
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Serving Size 1 pudding (113g)
Servings Per Container 1
Amount Per Serving
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Trans Fat 0g
Cholesterol 5mg 2 %
Sodium 85mg 4 %
Total Carbohydrate 25g 8 %
Dietary Fiber 0g 0 %
Sugars 20g
Protein 2g
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Vitamin C 0 %
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% Daily Value *
Total Fat 5g 8 %
Saturated Fat 3.5g 18 %
Trans Fat 0g
Cholesterol 10mg 3 %
Sodium 45mg 2 %
Total Carbohydrate 14g 5 %
Dietary Fiber 0g 0 %
Sugars 14g
Protein 3g
Vitamin A 2 %
Vitamin C 0 %
Calcium 20 %
Iron 0 %
A
Hide Labels
B
Yes! The yogurt is high in calcium at 20%DV; the pudding is lower - 6%DV. (Remember, 20%DV or more is high and 5%DV or less is low.) Products with milk in them aren't always high in calcium; check the %DV to be sure.
BACK
NEXT

MAKE YOUR CALORIES COUNT

Use the Nutrition Facts Label for Healthy Weight Management

See What's In It For You

Introduction

1 Size Up Your Serving & Calories

2 See What's In It For You

3 Judge If It's Right For You

Glossary

Resources

Suppose you want a quick lunch that you can heat and eat. You are trying to limit your saturated fat intake.

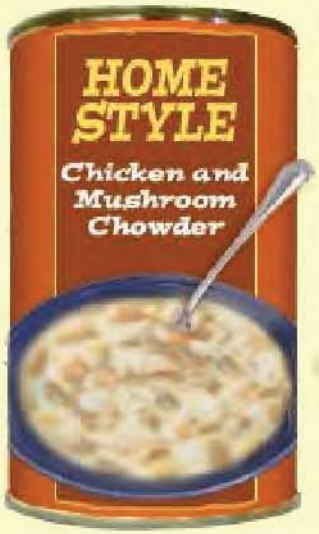
Which of these soups is low in *saturated fat*?

- A. Home Style Chicken and Mushroom Chowder
- B. Grandma's Chicken Noodle Soup

(Check the Nutrition Facts labels.)

Submit

A.



B.

Show Labels

Select your answer and then select Submit.

BACK NEXT

MAKE YOUR CALORIES COUNT

Use the Nutrition Facts Label for Healthy Weight Management

See What's In It For You

Introduction

1 Size Up Your Serving & Calories

2 See What's In It For You

3 Judge If It's Right For You

Glossary

Resources

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(Check the Nutrition Facts labels.)

Submit

A.

B.

Show Labels

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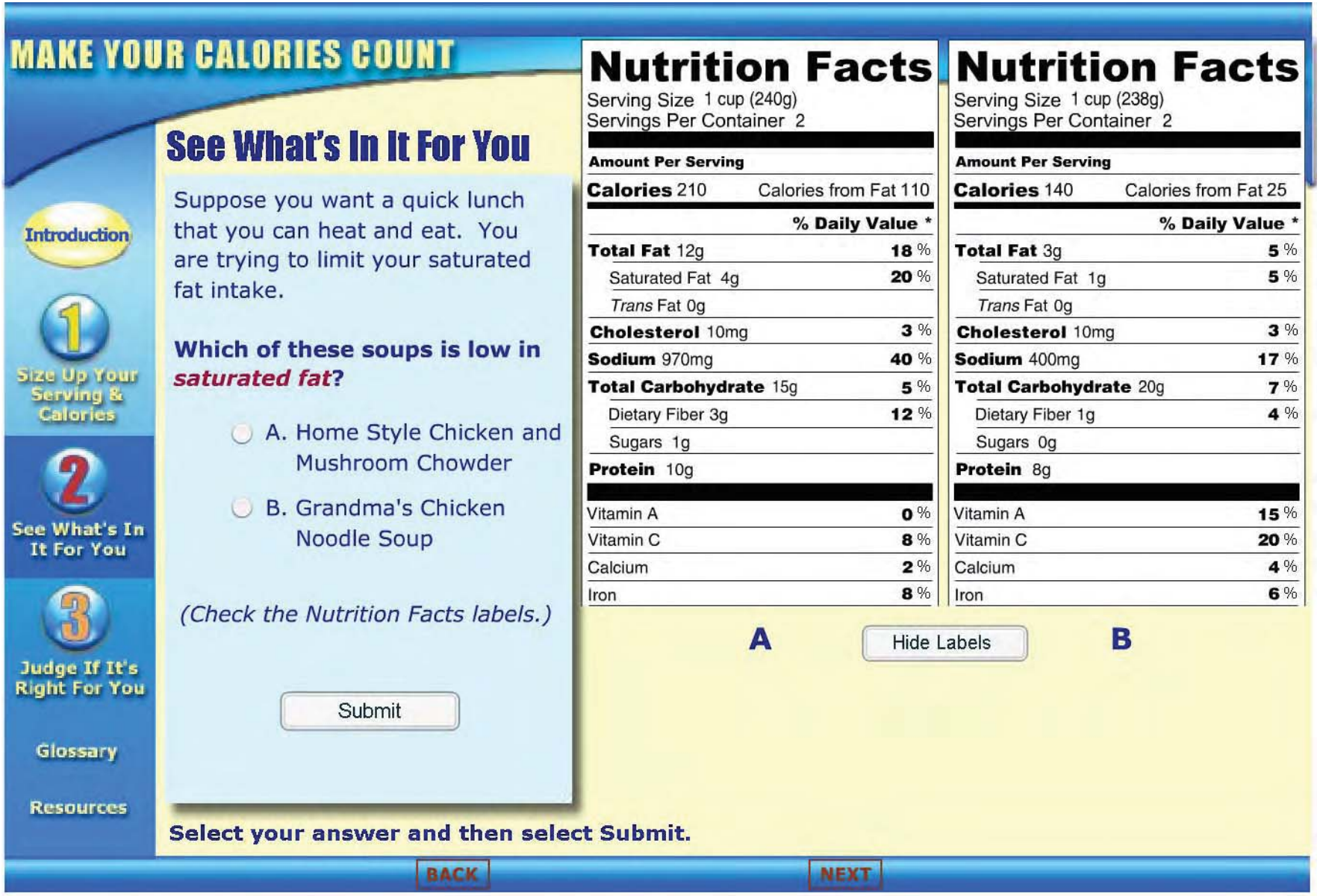
MAKE YOUR CALORIES COUNT
See What's In It For You
Introduction
1 Size Up Your Serving & Calories
2 See What's In It For You
3 Judge If It's Right For You
Glossary
Resources
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Which of these soups is low in saturated fat?
A. Home Style Chicken and Mushroom Chowder
B. Grandma's Chicken Noodle Soup
(Check the Nutrition Facts labels.)
Submit
Nutrition Facts
Serving Size 1 cup (240g)
Servings Per Container 2
Amount Per Serving
Calories 210 Calories from Fat 110
% Daily Value *
Total Fat 12g 18 %
Saturated Fat 4g 20 %
Trans Fat 0g
Cholesterol 10mg 3 %
Sodium 970mg 40 %
Total Carbohydrate 15g 5 %
Dietary Fiber 3g 12 %
Sugars 1g
Protein 10g
Vitamin A 0 %
Vitamin C 8 %
Calcium 2 %
Iron 8 %
Nutrition Facts
Serving Size 1 cup (238g)
Servings Per Container 2
Amount Per Serving
Calories 140 Calories from Fat 25
% Daily Value *
Total Fat 3g 5 %
Saturated Fat 1g 5 %
Trans Fat 0g
Cholesterol 10mg 3 %
Sodium 400mg 17 %
Total Carbohydrate 20g 7 %
Dietary Fiber 1g 4 %
Sugars 0g
Protein 8g
Vitamin A 15 %
Vitamin C 20 %
Calcium 4 %
Iron 6 %
A
Hide Labels
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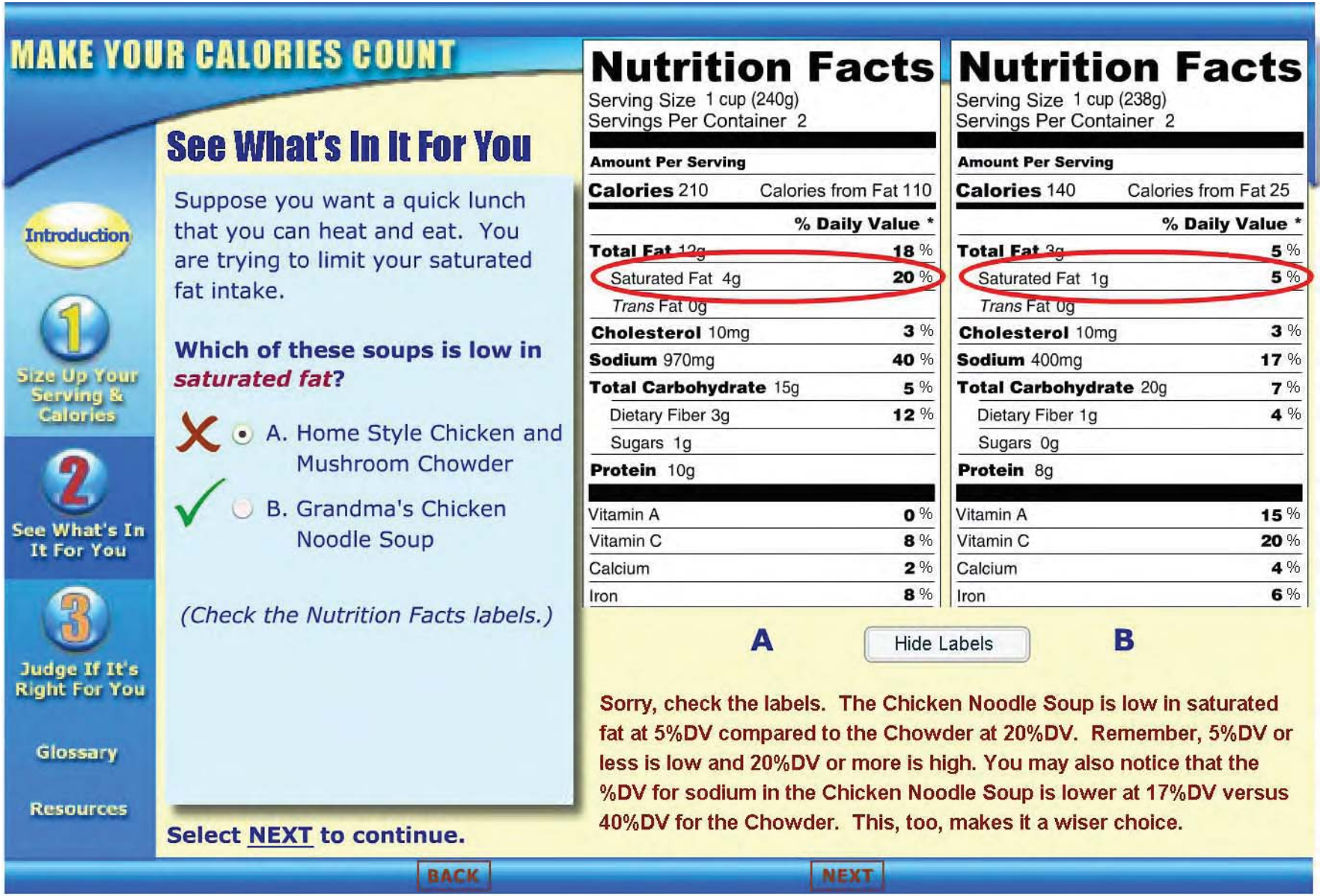
MAKE YOUR CALORIES COUNT
Introduction
1 Size Up Your Serving & Calories
2 See What's In It For You
3 Judge If It's Right For You
Glossary
Resources
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Protein 10g
Vitamin A 0 %
Vitamin C 8 %
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Iron 8 %
Nutrition Facts
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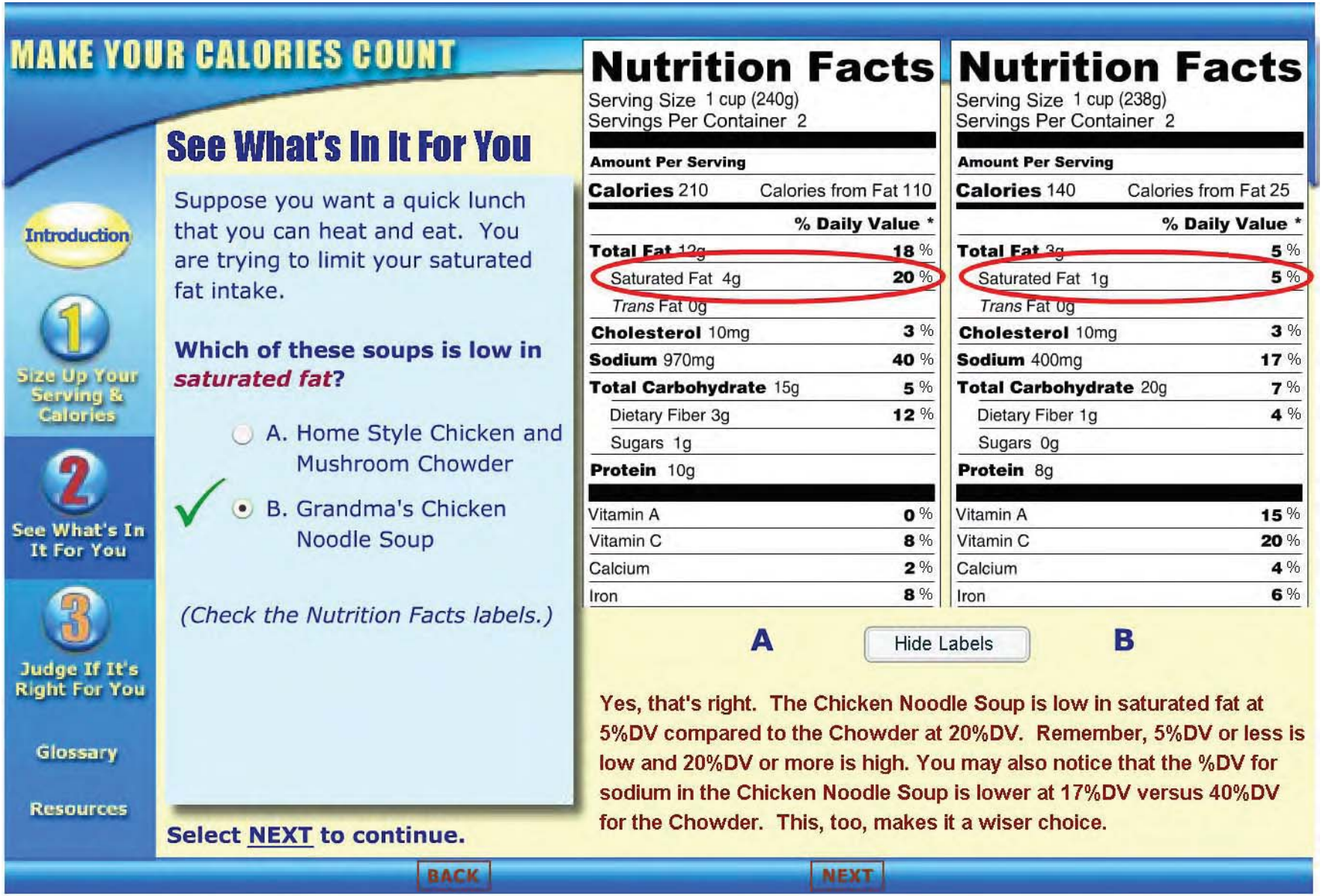
% Daily Value *
Total Fat 3g 5 %
Saturated Fat 1g 5 %
Trans Fat 0g
Cholesterol 10mg 3 %
Sodium 400mg 17 %
Total Carbohydrate 20g 7 %
Dietary Fiber 1g 4 %
Sugars 0g
Protein 8g
Vitamin A 15 %
Vitamin C 20 %
Calcium 4 %
Iron 6 %
A
Hide Labels
B
Sorry, check the labels. The Chicken Noodle Soup is low in saturated fat at 5%DV compared to the Chowder at 20%DV. Remember, 5%DV or less is low and 20%DV or more is high. You may also notice that the %DV for sodium in the Chicken Noodle Soup is lower at 17%DV versus 40%DV for the Chowder. This, too, makes it a wiser choice.
BACK
NEXT


MAKE YOUR CALORIES COUNT
Introduction
1 Size Up Your Serving & Calories
2 See What's In It For You
3 Judge If It's Right For You
Glossary
Resources
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Saturated Fat 1g 5 %
Trans Fat 0g
Cholesterol 10mg 3 %
Sodium 400mg 17 %
Total Carbohydrate 20g 7 %
Dietary Fiber 1g 4 %
Sugars 0g
Protein 8g
Vitamin A 15 %
Vitamin C 20 %
Calcium 4 %
Iron 6 %
A
Hide Labels
B
Yes, that's right. The Chicken Noodle Soup is low in saturated fat at 5%DV compared to the Chowder at 20%DV. Remember, 5%DV or less is low and 20%DV or more is high. You may also notice that the %DV for sodium in the Chicken Noodle Soup is lower at 17%DV versus 40%DV for the Chowder. This, too, makes it a wiser choice.
BACK
NEXT

MAKE YOUR CALORIES COUNT

Use the Nutrition Facts Label for Healthy Weight Management

Introduction

1 Size Up Your Serving & Calories

2 See What's In It For You

3 Judge If It's Right For You

Glossary

Resources

See What's In It For You

Snacks such as whole fruits, raw vegetables, or a small handful of unsalted nuts can contribute to a healthy diet. If a snack food you like is short on nutrients you need for good health, try to keep calories low and limit nutrients that may contribute to health problems.

For example, suppose you want some pretzels. **Which product is low in *sodium*?**

- A. Hearty Pretzels
- B. Pretzel Thins

(Check the Nutrition Facts labels.)

Submit

A.

B.

Show Labels

Select your answer and then select Submit.

BACK NEXT

MAKE YOUR CALORIES COUNT

Use the Nutrition Facts Label for Healthy Weight Management

See What's In It For You

Introduction

1 Size Up Your Serving & Calories

2 See What's In It For You

3 Judge If It's Right For You

Glossary

Resources

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(Check the Nutrition Facts labels.)

Submit

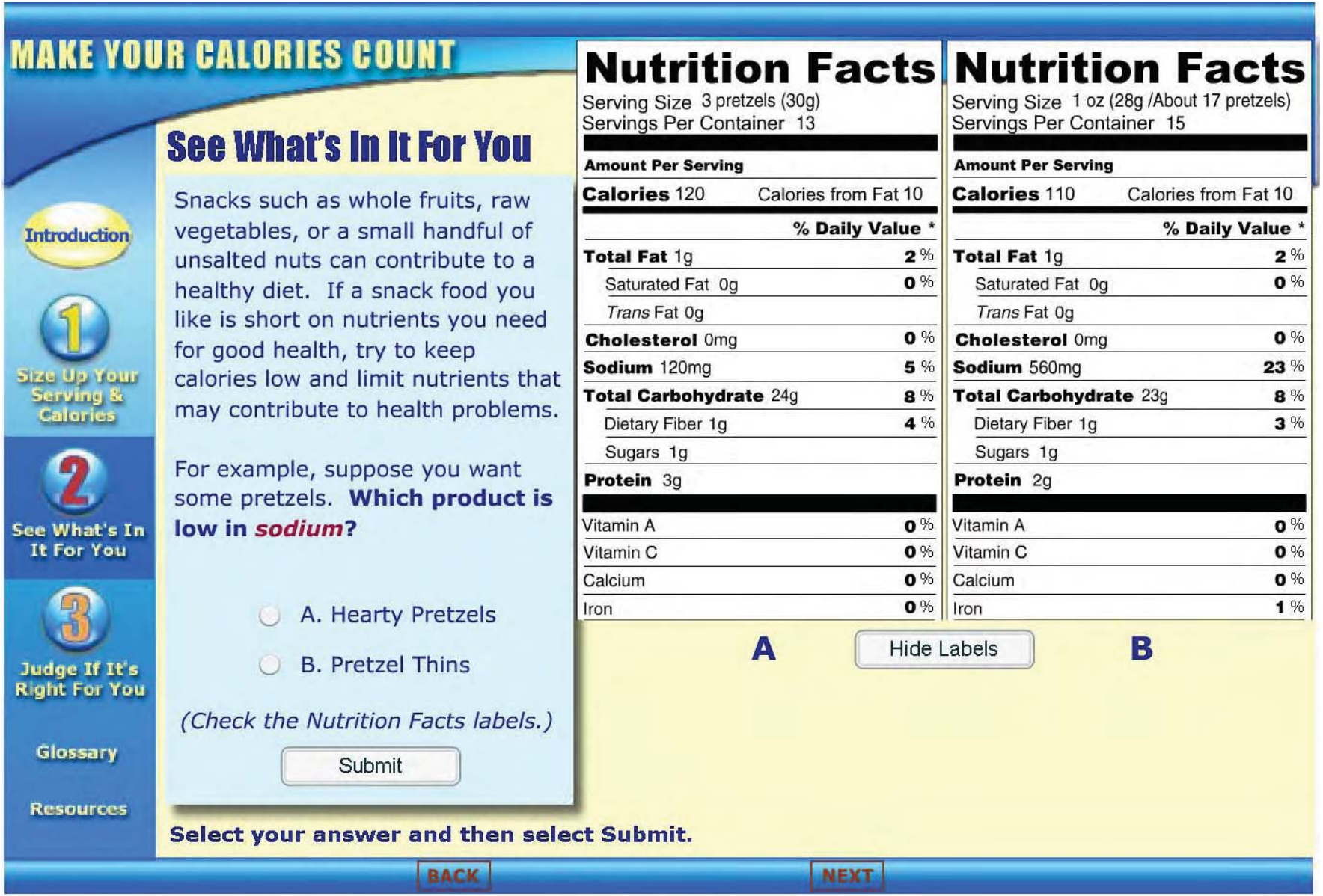
A.

B.

Show Labels

Select your answer and then select Submit.

BACK NEXT


MAKE YOUR CALORIES COUNT
See What's In It For You
Introduction
1 Size Up Your Serving & Calories
2 See What's In It For You
3 Judge If It's Right For You
Glossary
Resources
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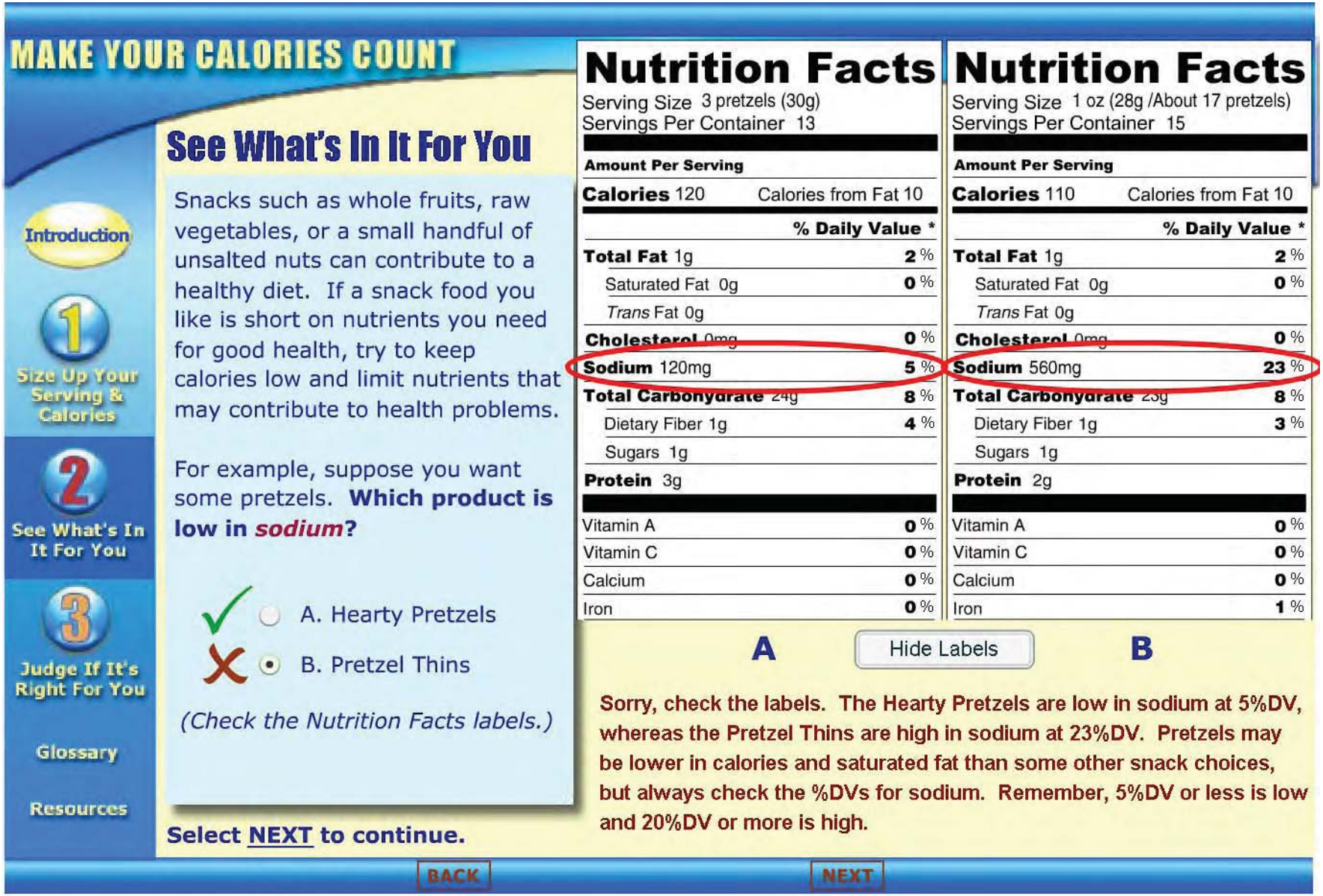
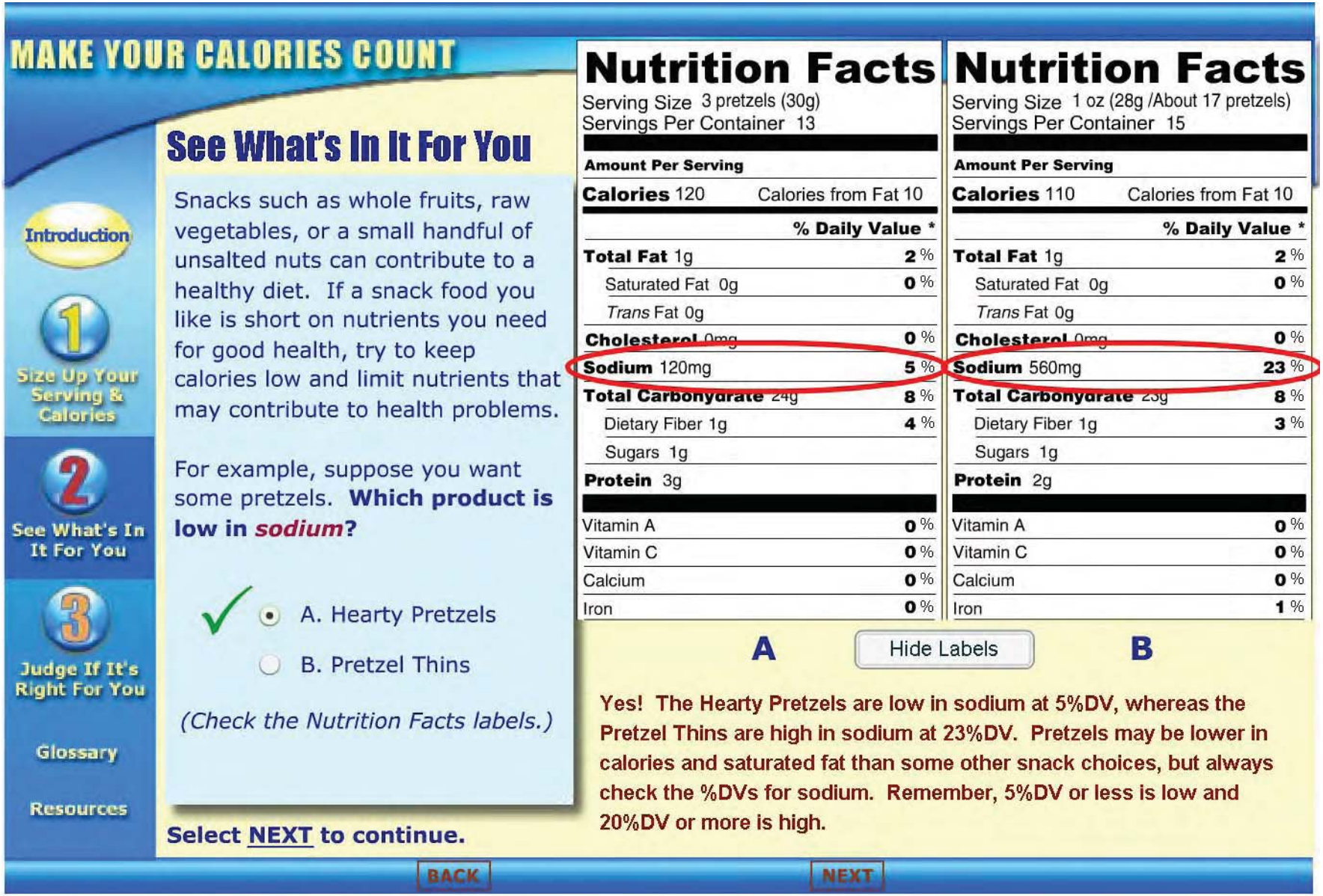
For example, suppose you want some pretzels. Which product is low in sodium?
A. Hearty Pretzels
B. Pretzel Thins
(Check the Nutrition Facts labels.)
Submit
Nutrition Facts
Serving Size 3 pretzels (30g)
Servings Per Container 13
Amount Per Serving
Calories 120 Calories from Fat 10
% Daily Value *
Total Fat 1g 2 %
Saturated Fat 0g 0 %
Trans Fat 0g
Cholesterol 0mg 0 %
Sodium 120mg 5 %
Total Carbohydrate 24g 8 %
Dietary Fiber 1g 4 %
Sugars 1g
Protein 3g
Vitamin A 0 %
Vitamin C 0 %
Calcium 0 %
Iron 0 %
Nutrition Facts
Serving Size 1 oz (28g /About 17 pretzels)
Servings Per Container 15
Amount Per Serving
Calories 110 Calories from Fat 10
% Daily Value *
Total Fat 1g 2 %
Saturated Fat 0g 0 %
Trans Fat 0g
Cholesterol 0mg 0 %
Sodium 560mg 23 %
Total Carbohydrate 23g 8 %
Dietary Fiber 1g 3 %
Sugars 1g
Protein 2g
Vitamin A 0 %
Vitamin C 0 %
Calcium 0 %
Iron 1 %
A
Hide Labels
B
Select your answer and then select Submit.
BACK
NEXT


MAKE YOUR CALORIES COUNT
Introduction
1
Size Up Your Serving & Calories
2
See What's In It For You
3
Judge If It's Right For You
Glossary
Resources
See What's In It For You
Snacks such as whole fruits, raw vegetables, or a small handful of unsalted nuts can contribute to a healthy diet. If a snack food you like is short on nutrients you need for good health, try to keep calories low and limit nutrients that may contribute to health problems.
For example, suppose you want some pretzels. Which product is low in sodium?
A. Hearty Pretzels
B. Pretzel Thins
(Check the Nutrition Facts labels.)
Select NEXT to continue.
Nutrition Facts
Serving Size 3 pretzels (30g)
Servings Per Container 13
Amount Per Serving
Calories 120 Calories from Fat 10
% Daily Value *
Total Fat 1g 2 %
Saturated Fat 0g 0 %
Trans Fat 0g
Cholesterol 0mg 0 %
Sodium 120mg 5 %
Total Carbohydrate 24g 8 %
Dietary Fiber 1g 4 %
Sugars 1g
Protein 3g
Vitamin A 0 %
Vitamin C 0 %
Calcium 0 %
Iron 0 %
Nutrition Facts
Serving Size 1 oz (28g /About 17 pretzels)
Servings Per Container 15
Amount Per Serving
Calories 110 Calories from Fat 10
% Daily Value *
Total Fat 1g 2 %
Saturated Fat 0g 0 %
Trans Fat 0g
Cholesterol 0mg 0 %
Sodium 560mg 23 %
Total Carbohydrate 23g 8 %
Dietary Fiber 1g 3 %
Sugars 1g
Protein 2g
Vitamin A 0 %
Vitamin C 0 %
Calcium 0 %
Iron 1 %
A
Hide Labels
B
Sorry, check the labels. The Hearty Pretzels are low in sodium at 5%DV, whereas the Pretzel Thins are high in sodium at 23%DV. Pretzels may be lower in calories and saturated fat than some other snack choices, but always check the %DVs for sodium. Remember, 5%DV or less is low and 20%DV or more is high.
BACK
NEXT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Introduction
1 Size Up Your Serving & Calories
2 See What's In It For You
3 Judge If It's Right For You
Glossary
Resources
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Saturated Fat 0g 0 %
Trans Fat 0g
Cholesterol 0mg 0 %
Sodium 120mg 5 %
Total Carbohydrate 24g 8 %
Dietary Fiber 1g 4 %
Sugars 1g
Protein 3g
Vitamin A 0 %
Vitamin C 0 %
Calcium 0 %
Iron 0 %
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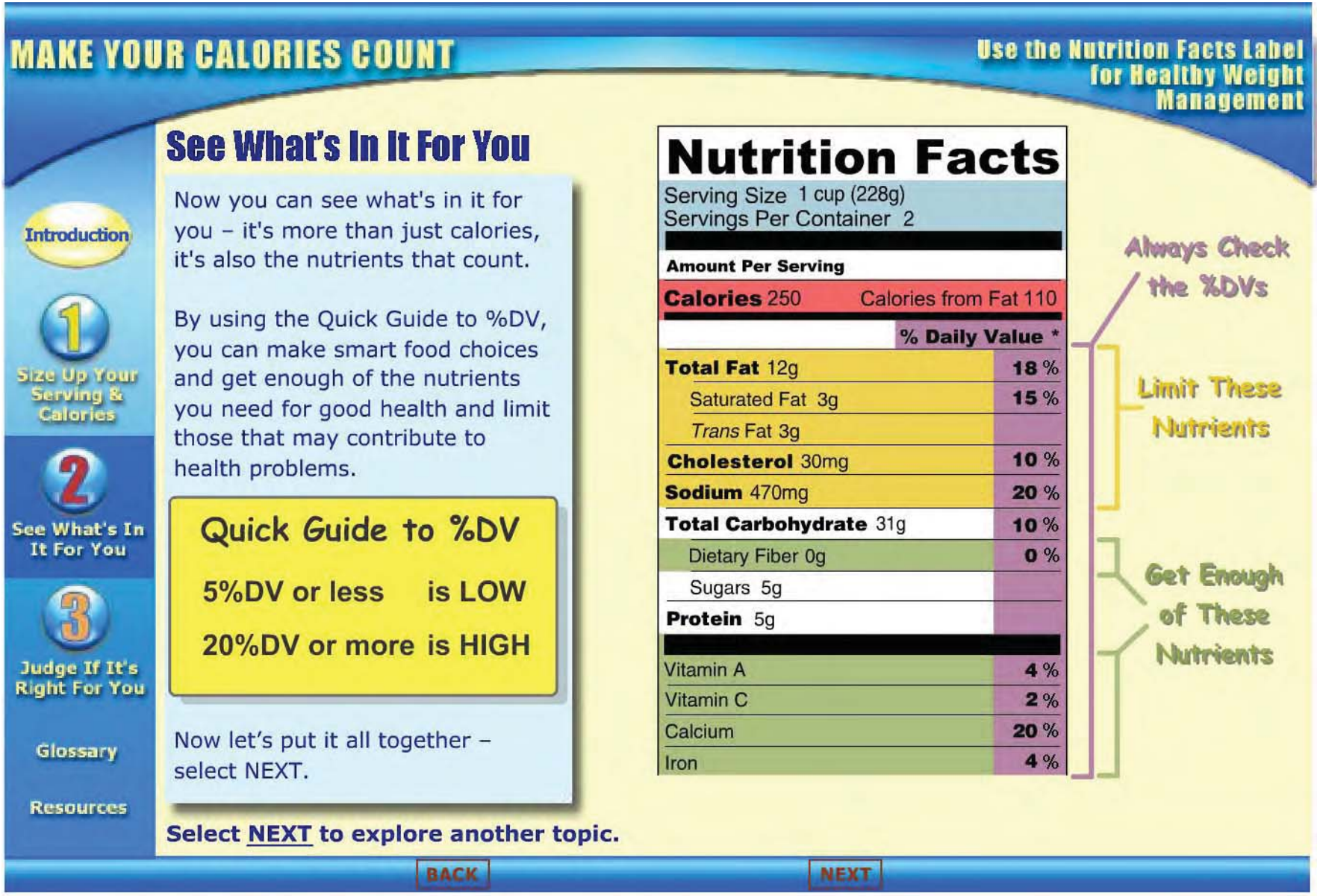
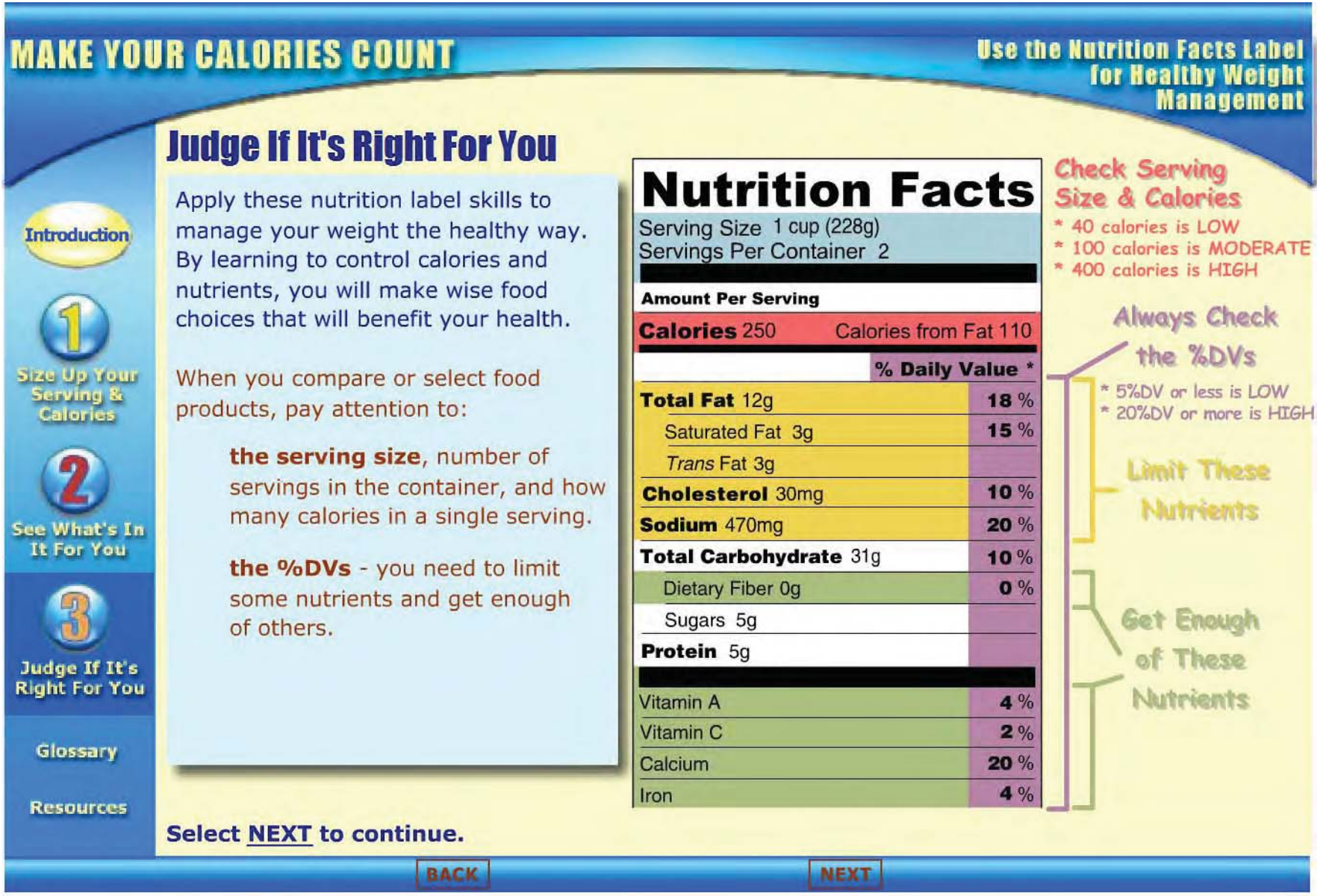
Trans Fat 0g
Cholesterol 0mg 0 %
Sodium 560mg 23 %
Total Carbohydrate 23g 8 %
Dietary Fiber 1g 3 %
Sugars 1g
Protein 2g
Vitamin A 0 %
Vitamin C 0 %
Calcium 0 %
Iron 1 %
A
Hide Labels
B
Yes! The Hearty Pretzels are low in sodium at 5%DV, whereas the Pretzel Thins are high in sodium at 23%DV. Pretzels may be lower in calories and saturated fat than some other snack choices, but always check the %DVs for sodium. Remember, 5%DV or less is low and 20%DV or more is high.
BACK
NEXT


MAKE YOUR CALORIES COUNT
Use the Nutrition Facts Label for Healthy Weight Management
Introduction
1 Size Up Your Serving & Calories
2 See What's In It For You
3 Judge If It's Right For You
Glossary
Resources
See What's In It For You
Now you can see what's in it for you – it's more than just calories, it's also the nutrients that count.
By using the Quick Guide to %DV, you can make smart food choices and get enough of the nutrients you need for good health and limit those that may contribute to health problems.
Quick Guide to %DV
5%DV or less is LOW
20%DV or more is HIGH
Now let's put it all together – select NEXT.
Select NEXT to explore another topic.
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 31g 10 %
Dietary Fiber 0g 0 %
Sugars 5g
Protein 5g
Vitamin A 4 %
Vitamin C 2 %
Calcium 20 %
Iron 4 %
Always Check the %DVs
Limit These Nutrients
Get Enough of These Nutrients
BACK
NEXT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Use the Nutrition Facts Label for Healthy Weight Management
Judge If It's Right For You
Introduction
1 Size Up Your Serving & Calories
2 See What's In It For You
3 Judge If It's Right For You
Glossary
Resources
Apply these nutrition label skills to manage your weight the healthy way. By learning to control calories and nutrients, you will make wise food choices that will benefit your health.
When you compare or select food products, pay attention to:
the serving size, number of servings in the container, and how many calories in a single serving.
the %DVs - you need to limit some nutrients and get enough of others.
Nutrition Facts
Serving Size 1 cup (228g)
Servings Per Container 2
Amount Per Serving
Calories 250 Calories from Fat 110
% Daily Value *
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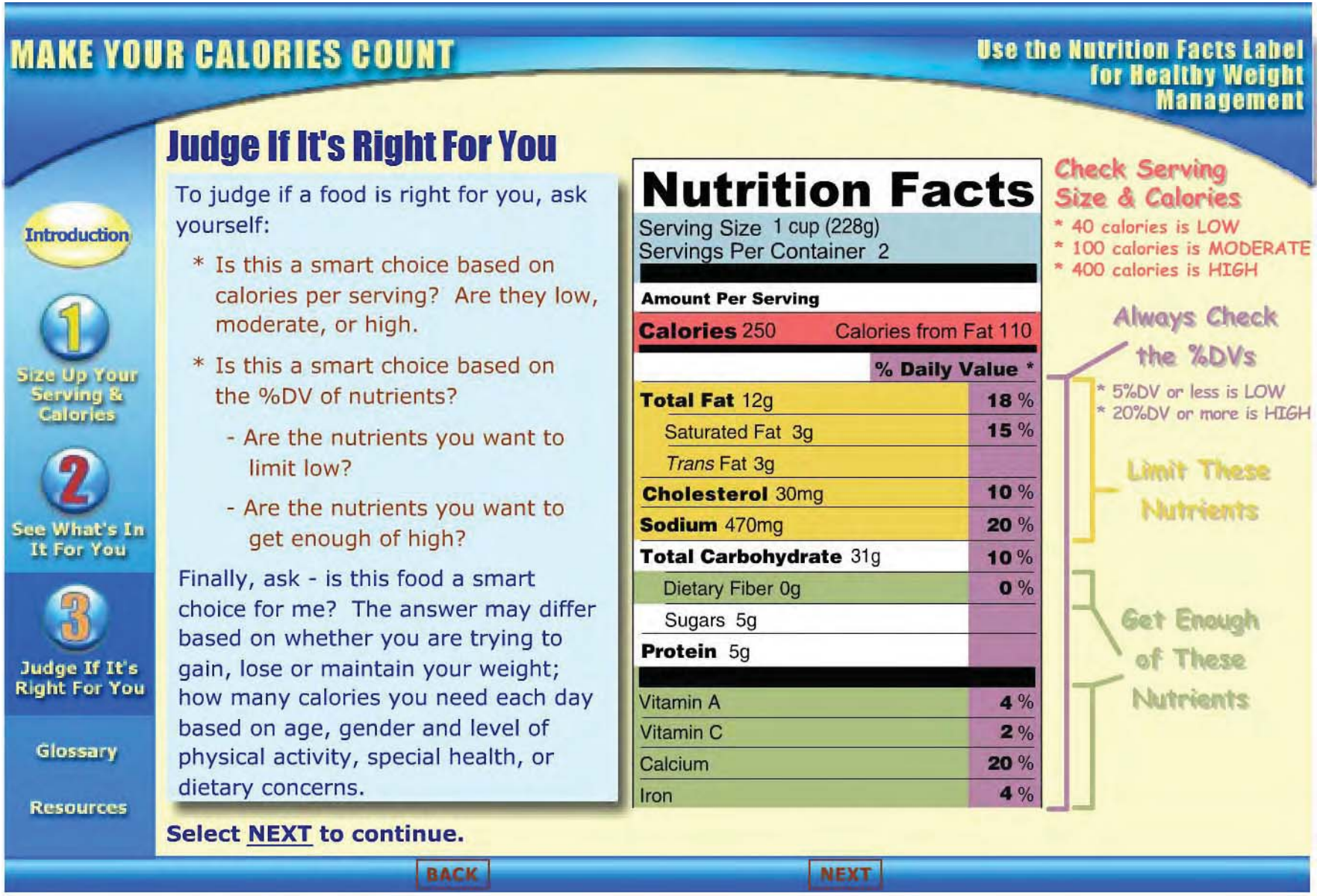
Trans Fat 3g
Cholesterol 30mg 10 %
Sodium 470mg 20 %
Total Carbohydrate 31g 10 %
Dietary Fiber 0g 0 %
Sugars 5g
Protein 5g
Vitamin A 4 %
Vitamin C 2 %
Calcium 20 %
Iron 4 %
Check Serving Size & Calories
* 40 calories is LOW
* 100 calories is MODERATE
* 400 calories is HIGH
Always Check the %DVs
* 5%DV or less is LOW
* 20%DV or more is HIGH
Limit These Nutrients
Get Enough of These Nutrients
Select NEXT to continue.
BACK
NEXT


MAKE YOUR CALORIES COUNT
Use the Nutrition Facts Label for Healthy Weight Management
Introduction
1 Size Up Your Serving & Calories
2 See What's In It For You
3 Judge If It's Right For You
Glossary
Resources
Judge If It's Right For You
To judge if a food is right for you, ask yourself:
* Is this a smart choice based on calories per serving? Are they low, moderate, or high.
* Is this a smart choice based on the %DV of nutrients?
- Are the nutrients you want to limit low?
- Are the nutrients you want to get enough of high?
Finally, ask - is this food a smart choice for me? The answer may differ based on whether you are trying to gain, lose or maintain your weight; how many calories you need each day based on age, gender and level of physical activity, special health, or dietary concerns.
Nutrition Facts
Serving Size 1 cup (228g)
Servings Per Container 2
Amount Per Serving
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Vitamin A 4 %
Vitamin C 2 %
Calcium 20 %
Iron 4 %
Check Serving Size & Calories
* 40 calories is LOW
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* 400 calories is HIGH
Always Check the %DVs
* 5%DV or less is LOW
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Limit These Nutrients
Get Enough of These Nutrients
Select NEXT to continue.
BACK
NEXT

MAKE YOUR CALORIES COUNT

Use the Nutrition Facts Label for Healthy Weight Management

Judge If It's Right For You

Introduction

1 Size Up Your Serving & Calories

2 See What's In It For You

3 Judge If It's Right For You

Glossary

Resources

When you are in the dairy section of the grocery store and you want to choose a milk product such as skim or chocolate milk, use the Nutrition Facts labels. Compare the serving size, calories per serving, saturated fat and calcium.

(Check the Nutrition Facts labels.)

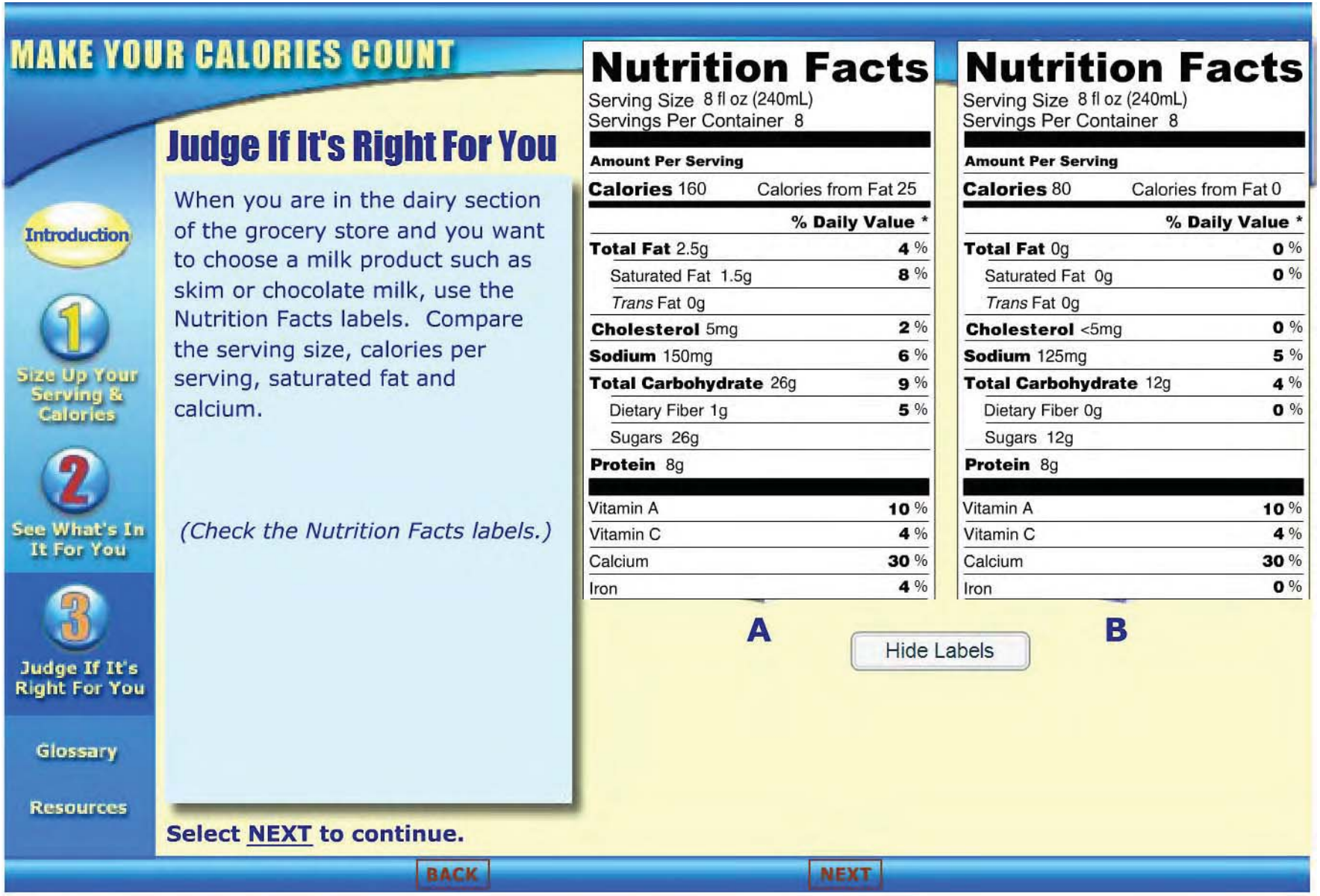
A.

B.

Show Labels

Select NEXT to continue.

BACK NEXT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Judge If It's Right For You
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(Check the Nutrition Facts labels.)
Introduction
1 Size Up Your Serving & Calories
2 See What's In It For You
3 Judge If It's Right For You
Glossary
Resources
Nutrition Facts
Serving Size 8 fl oz (240mL)
Servings Per Container 8
Amount Per Serving
Calories 160 Calories from Fat 25
% Daily Value *
Total Fat 2.5g 4 %
Saturated Fat 1.5g 8 %
Trans Fat 0g
Cholesterol 5mg 2 %
Sodium 150mg 6 %
Total Carbohydrate 26g 9 %
Dietary Fiber 1g 5 %
Sugars 26g
Protein 8g
Vitamin A 10 %
Vitamin C 4 %
Calcium 30 %
Iron 4 %
A
Nutrition Facts
Serving Size 8 fl oz (240mL)
Servings Per Container 8
Amount Per Serving
Calories 80 Calories from Fat 0
% Daily Value *
Total Fat 0g 0 %
Saturated Fat 0g 0 %
Trans Fat 0g
Cholesterol <5mg 0 %
Sodium 125mg 5 %
Total Carbohydrate 12g 4 %
Dietary Fiber 0g 0 %
Sugars 12g
Protein 8g
Vitamin A 10 %
Vitamin C 4 %
Calcium 30 %
Iron 0 %
B
Hide Labels
Select NEXT to continue.
BACK
NEXT

MAKE YOUR CALORIES COUNT

Use the Nutrition Facts Label for Healthy Weight Management

Judge If It's Right For You

- Introduction
- 1 Size Up Your Serving & Calories
- 2 See What's In It For You
- 3 Judge If It's Right For You
- Glossary
- Resources

How do the *calories* for 1 serving of each of these compare?

- A. Low fat chocolate milk has less calories.
- B. Fat free milk has less calories.
- C. They have the same calories.

(Check the Nutrition Facts labels.)

Submit

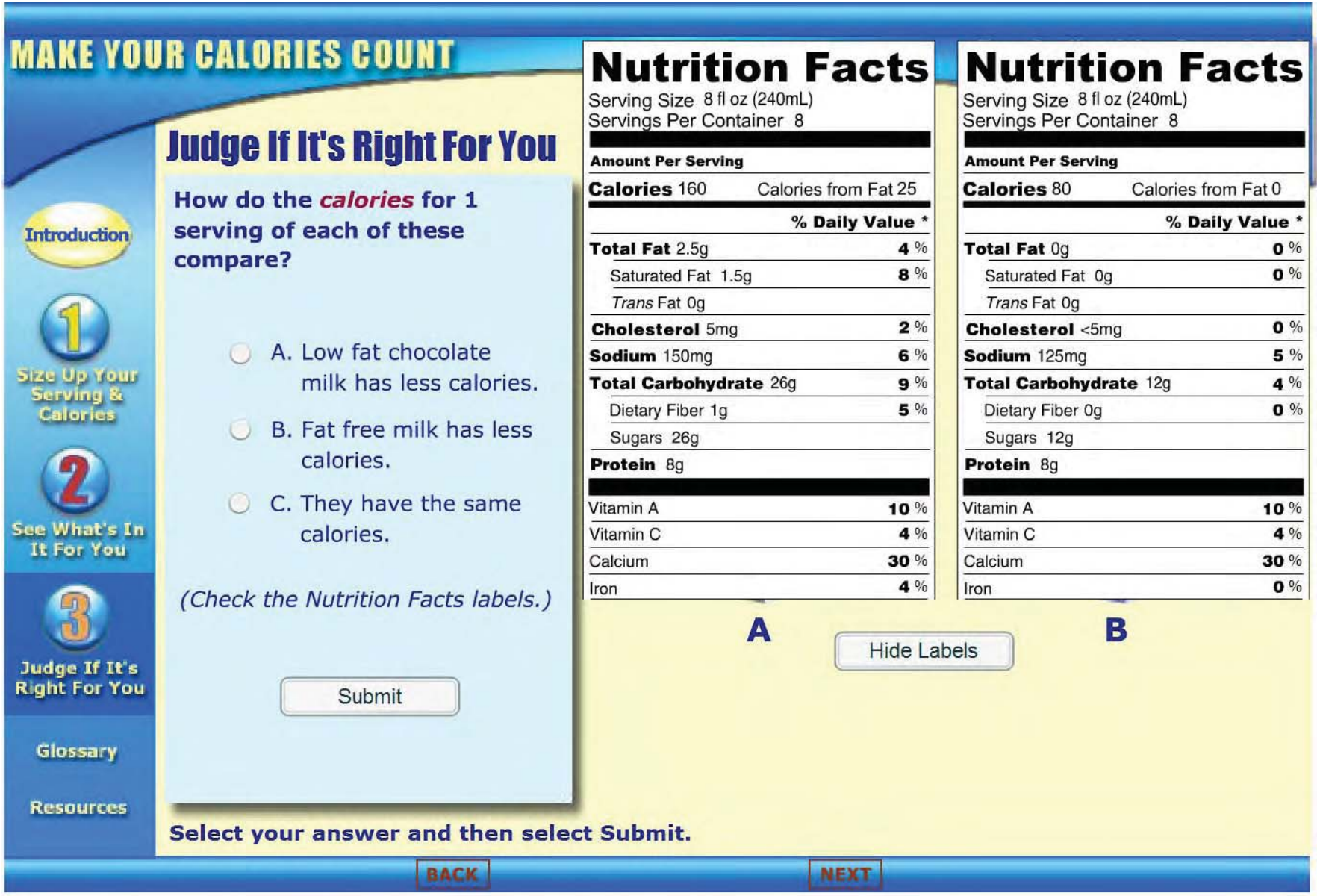
A.

B.

Show Labels

Select your answer and then select Submit.

BACK NEXT


MAKE YOUR CALORIES COUNT
Judge If It's Right For You
How do the calories for 1 serving of each of these compare?
A. Low fat chocolate milk has less calories.
B. Fat free milk has less calories.
C. They have the same calories.
(Check the Nutrition Facts labels.)
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Glossary
Resources
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Dietary Fiber 1g 5 %
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Vitamin C 4 %
Calcium 30 %
Iron 4 %
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Serving Size 8 fl oz (240mL)
Servings Per Container 8
Amount Per Serving
Calories 80 Calories from Fat 0
% Daily Value *
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Trans Fat 0g
Cholesterol <5mg 0 %
Sodium 125mg 5 %
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Dietary Fiber 0g 0 %
Sugars 12g
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Vitamin C 4 %
Calcium 30 %
Iron 0 %
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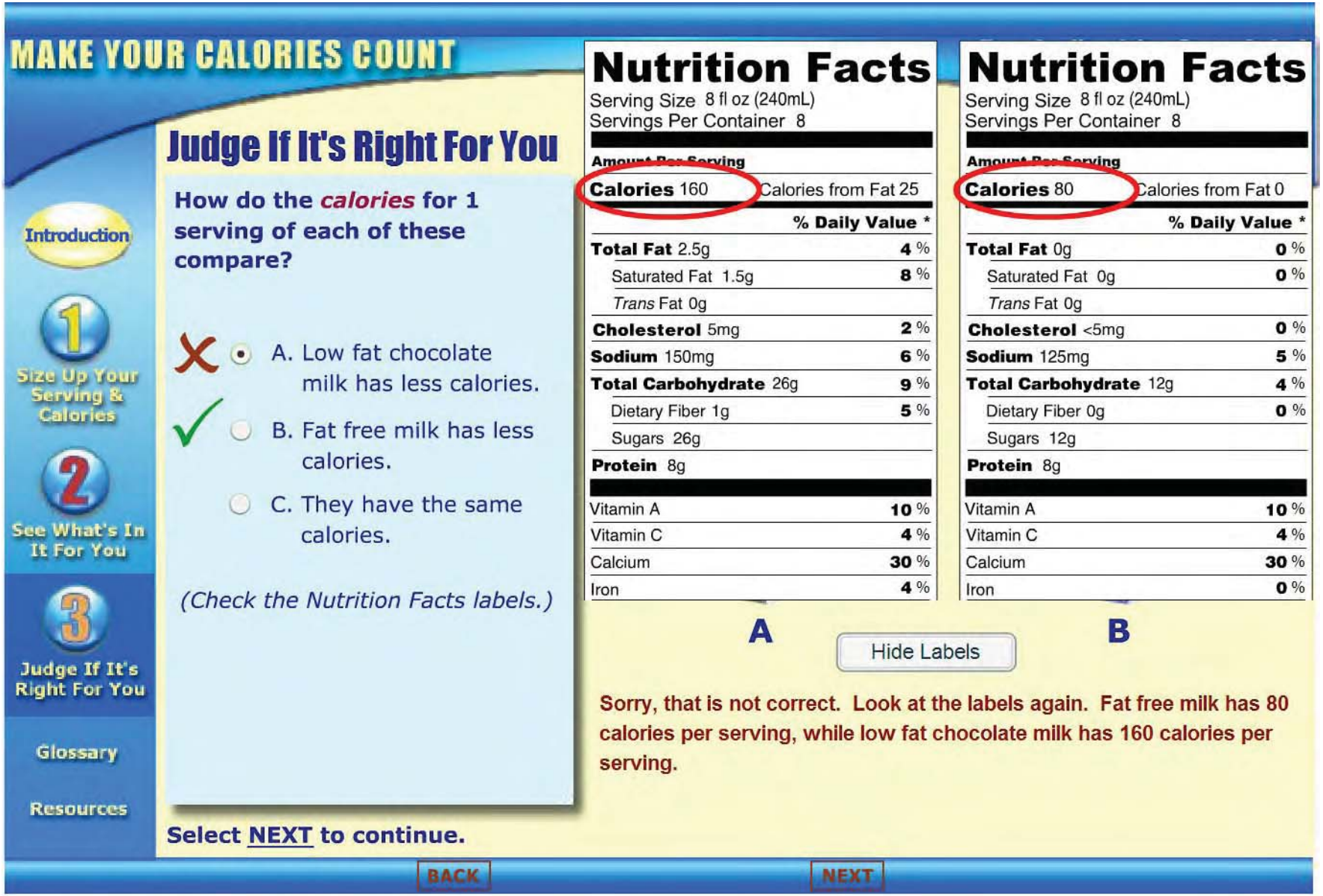
Select your answer and then select Submit.
BACK
NEXT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Glossary
Resources
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Calcium 30 %
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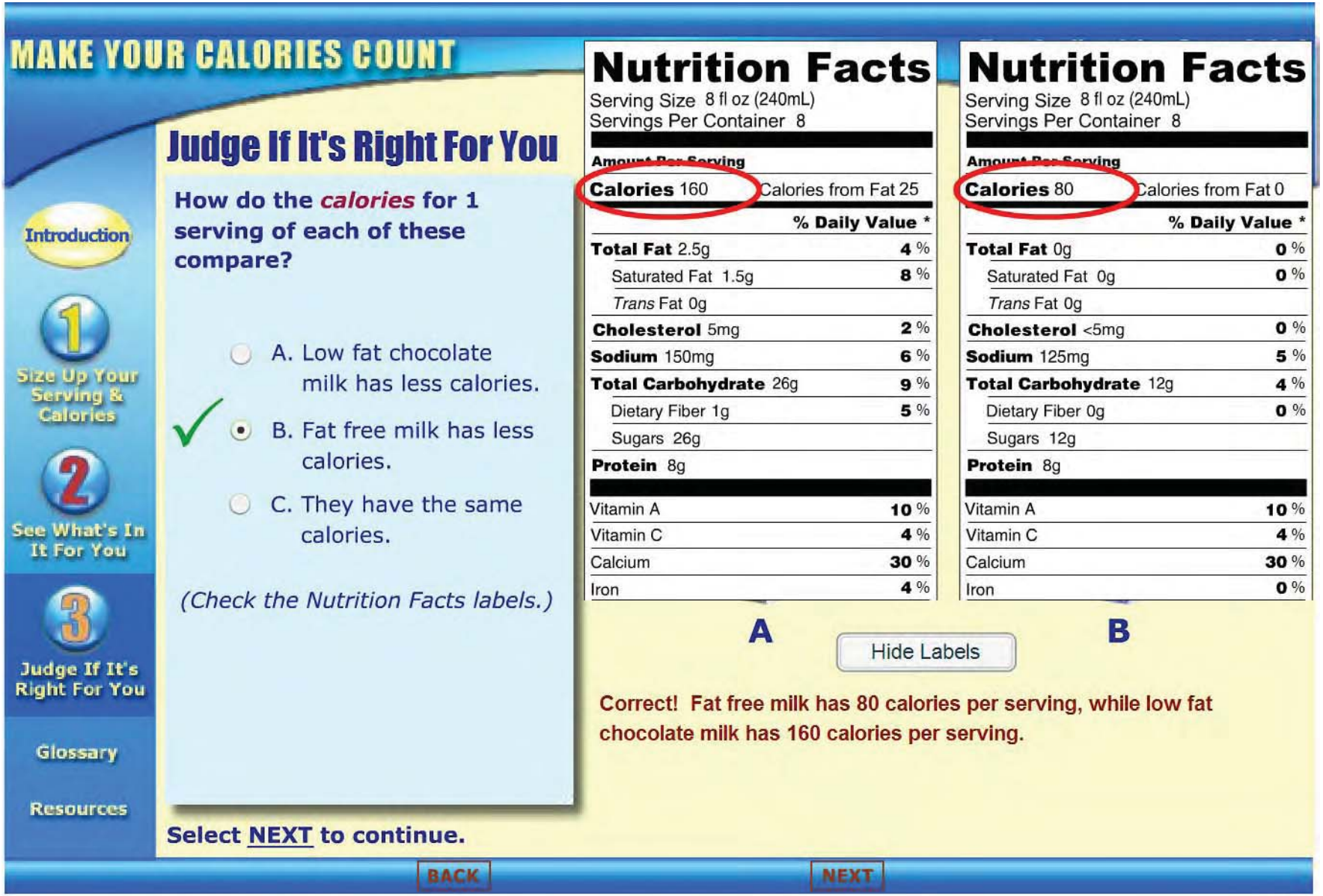
Amount Per Serving
Calories 80 Calories from Fat 0
% Daily Value *
Total Fat 0g 0 %
Saturated Fat 0g 0 %
Trans Fat 0g
Cholesterol <5mg 0 %
Sodium 125mg 5 %
Total Carbohydrate 12g 4 %
Dietary Fiber 0g 0 %
Sugars 12g
Protein 8g
Vitamin A 10 %
Vitamin C 4 %
Calcium 30 %
Iron 0 %
B
Hide Labels
Sorry, that is not correct. Look at the labels again. Fat free milk has 80 calories per serving, while low fat chocolate milk has 160 calories per serving.
Select NEXT to continue.
BACK
NEXT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3 Judge If It's Right For You
Glossary
Resources
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Amount Per Serving
Calories 80 Calories from Fat 0
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Saturated Fat 0g 0 %
Trans Fat 0g
Cholesterol <5mg 0 %
Sodium 125mg 5 %
Total Carbohydrate 12g 4 %
Dietary Fiber 0g 0 %
Sugars 12g
Protein 8g
Vitamin A 10 %
Vitamin C 4 %
Calcium 30 %
Iron 0 %
B
Hide Labels
Correct! Fat free milk has 80 calories per serving, while low fat chocolate milk has 160 calories per serving.
Select NEXT to continue.
BACK
NEXT

MAKE YOUR CALORIES COUNT

Use the Nutrition Facts Label for Healthy Weight Management

Judge If It's Right For You

Introduction

1 Size Up Your Serving & Calories

2 See What's In It For You

3 Judge If It's Right For You

Glossary

Resources

Now, let's look at saturated fat.

How does the %DV of *saturated fat* for 1 serving of each of these compare?

- A. Low fat chocolate milk is lower in saturated fat.
- B. Fat free milk is lower in saturated fat.
- C. They are both low in saturated fat.

(Check the Nutrition Facts labels.)

Submit

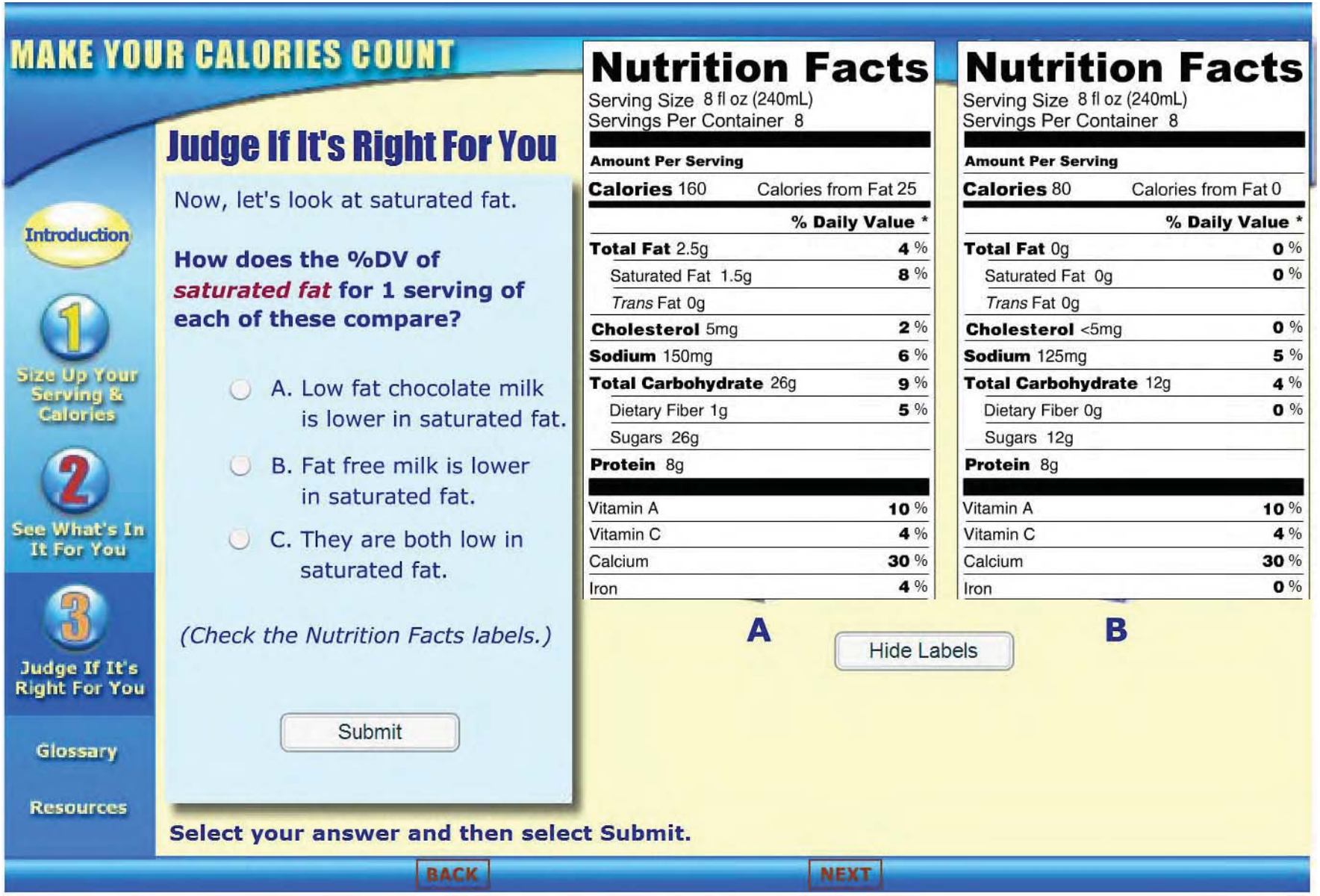
A.

B.

Show Labels

Select your answer and then select Submit.

BACK NEXT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Judge If It's Right For You
Introduction
1
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2
See What's In It For You
3
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Resources
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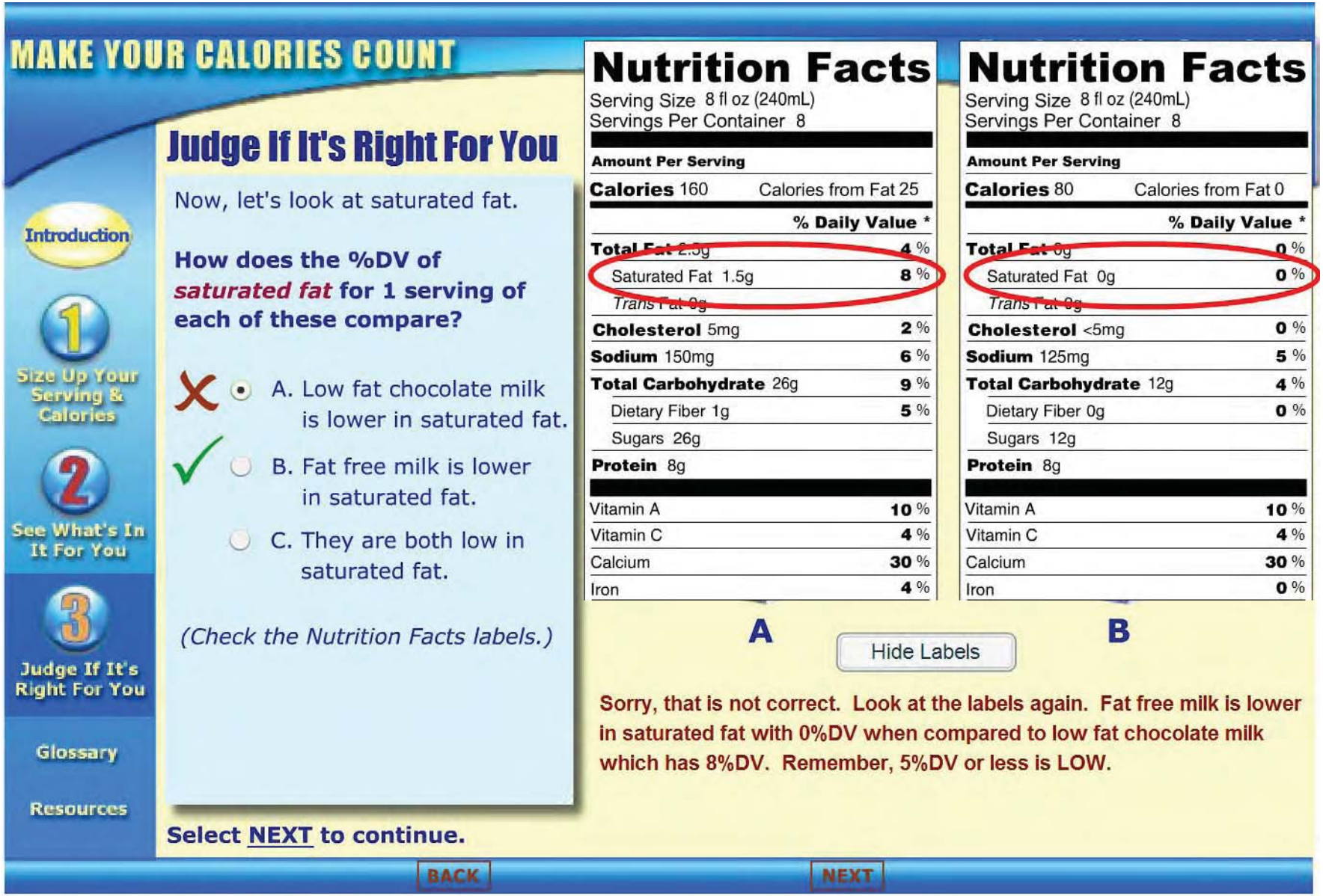
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Introduction
1 Size Up Your Serving & Calories
2 See What's In It For You
3 Judge If It's Right For You
Glossary
Resources
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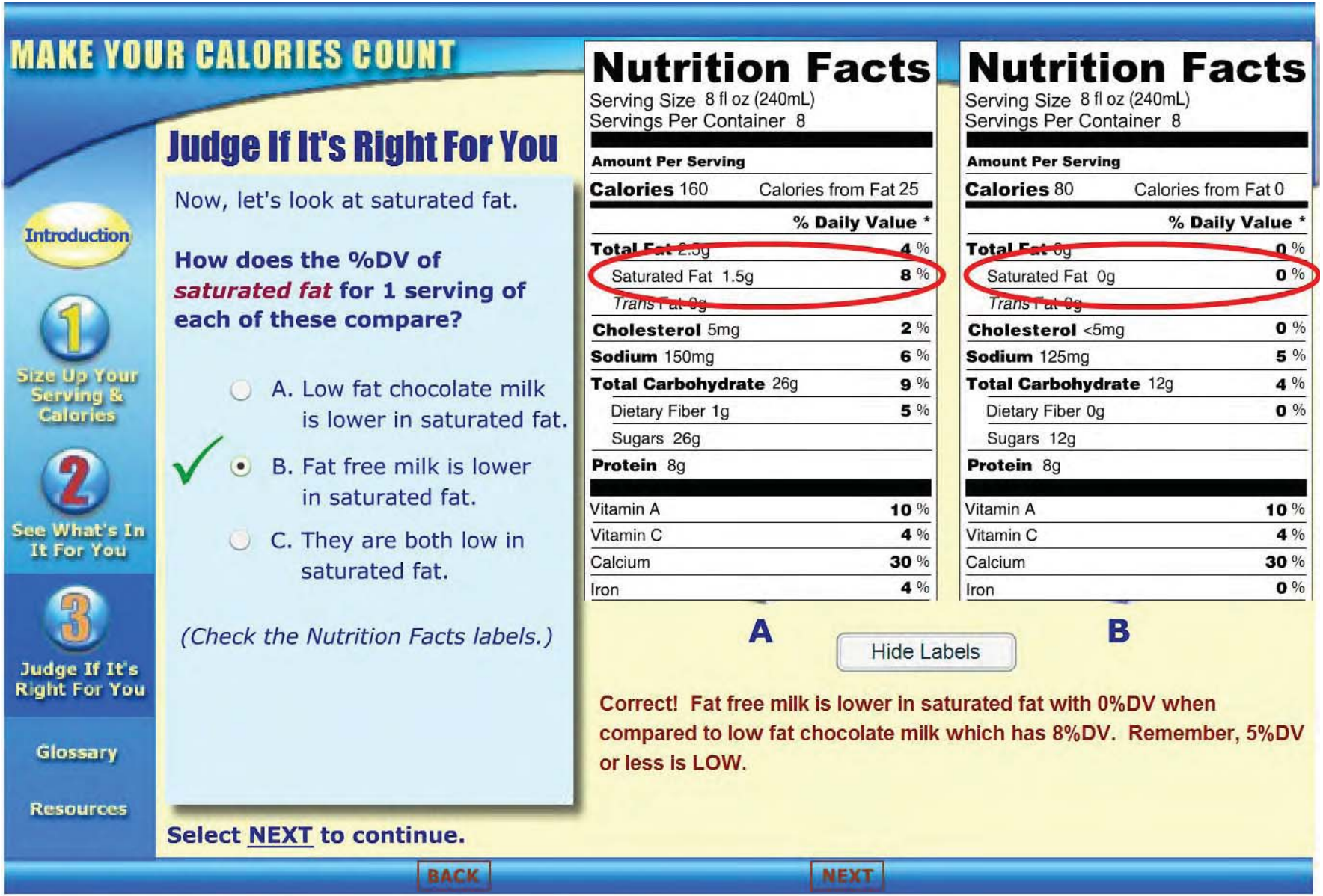
Trans Fat 0g
Cholesterol <5mg 0 %
Sodium 125mg 5 %
Total Carbohydrate 12g 4 %
Dietary Fiber 0g 0 %
Sugars 12g
Protein 8g
Vitamin A 10 %
Vitamin C 4 %
Calcium 30 %
Iron 0 %
B
Hide Labels
Sorry, that is not correct. Look at the labels again. Fat free milk is lower in saturated fat with 0%DV when compared to low fat chocolate milk which has 8%DV. Remember, 5%DV or less is LOW.
Select NEXT to continue.
BACK
NEXT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Judge If It's Right For You
Introduction
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2 See What's In It For You
3 Judge If It's Right For You
Glossary
Resources
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Dietary Fiber 0g 0 %
Sugars 12g
Protein 8g
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Vitamin C 4 %
Calcium 30 %
Iron 0 %
B
Hide Labels
Correct! Fat free milk is lower in saturated fat with 0%DV when compared to low fat chocolate milk which has 8%DV. Remember, 5%DV or less is LOW.
Select NEXT to continue.
BACK
NEXT

MAKE YOUR CALORIES COUNT

Use the Nutrition Facts Label for Healthy Weight Management

Judge If It's Right For You

- Introduction
- 1 Size Up Your Serving & Calories
- 2 See What's In It For You
- 3 Judge If It's Right For You
- Glossary
- Resources

Now, let's look at calcium.

How does the %DV of *calcium* for 1 serving of each of these compare?

- A. Low fat chocolate milk is higher in calcium.
- B. Fat free milk is higher in calcium.
- C. They are both high in calcium.

(Check the Nutrition Facts labels.)

Submit

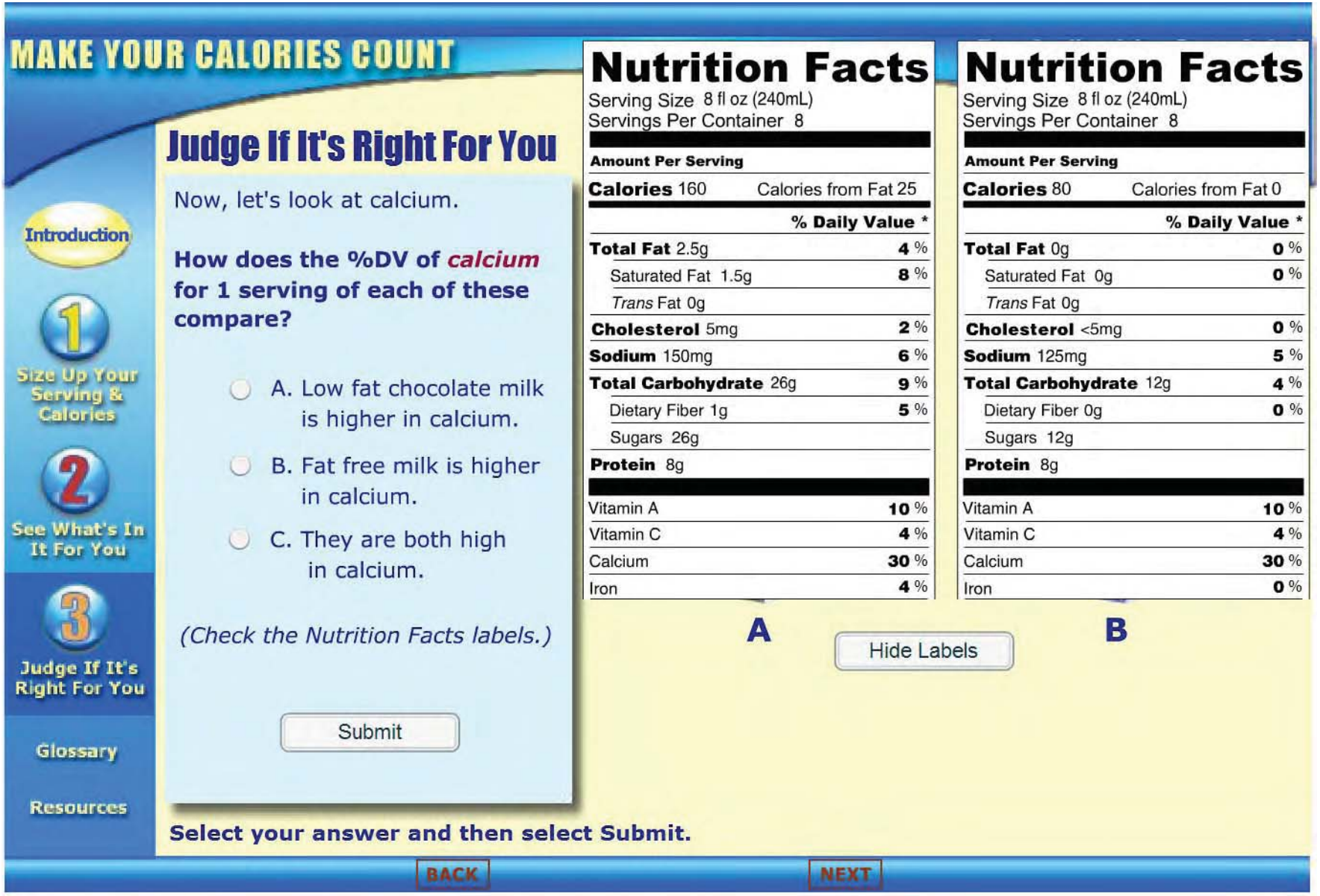
A.

B.

Show Labels

Select your answer and then select Submit.

BACK NEXT


MAKE YOUR CALORIES COUNT
Judge If It's Right For You
Introduction
1
Size Up Your Serving & Calories
2
See What's In It For You
3
Judge If It's Right For You
Glossary
Resources
Now, let's look at calcium.
How does the %DV of calcium for 1 serving of each of these compare?
A. Low fat chocolate milk is higher in calcium.
B. Fat free milk is higher in calcium.
C. They are both high in calcium.
(Check the Nutrition Facts labels.)
Submit
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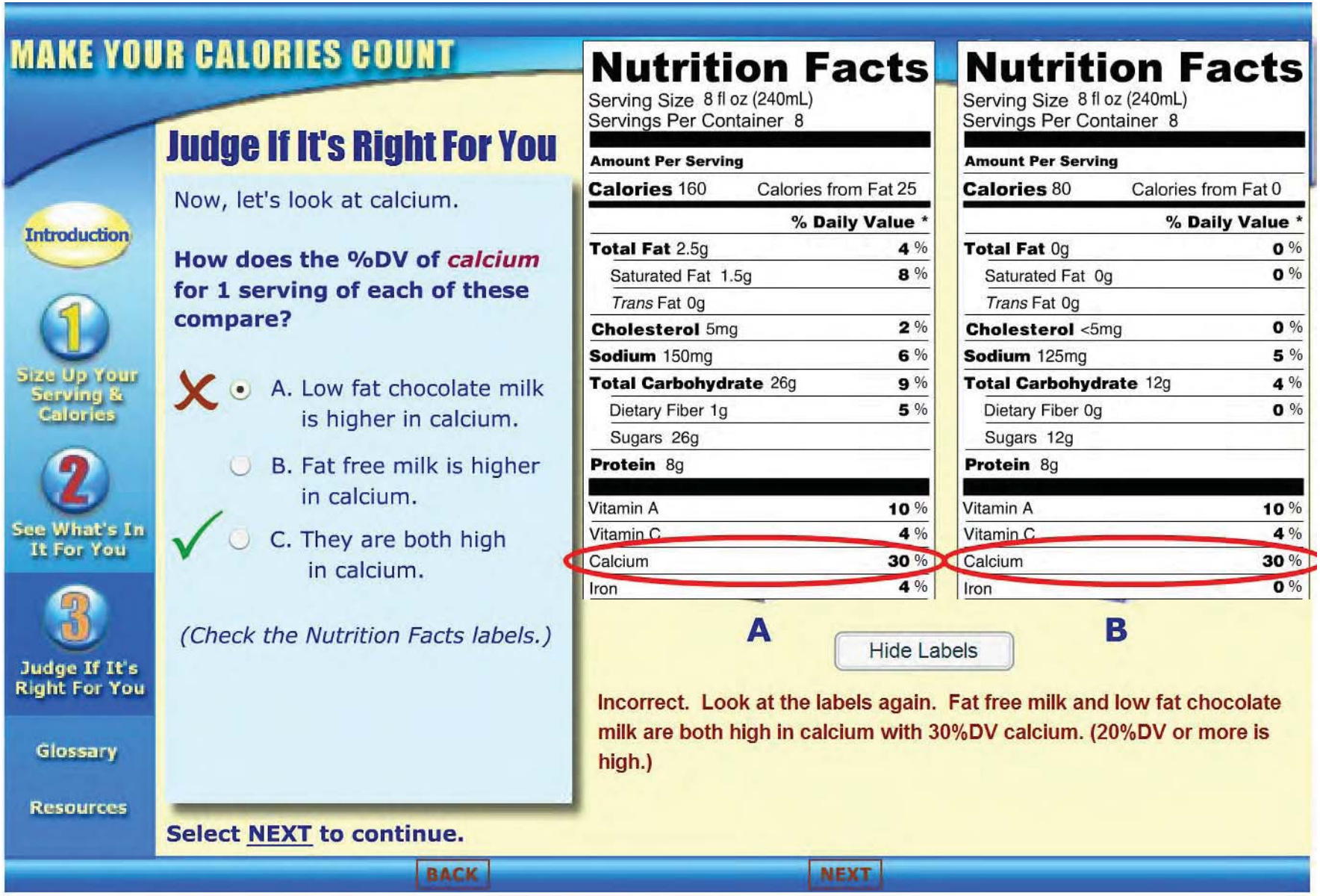
% Daily Value *
Total Fat 2.5g 4 %
Saturated Fat 1.5g 8 %
Trans Fat 0g
Cholesterol 5mg 2 %
Sodium 150mg 6 %
Total Carbohydrate 26g 9 %
Dietary Fiber 1g 5 %
Sugars 26g
Protein 8g
Vitamin A 10 %
Vitamin C 4 %
Calcium 30 %
Iron 4 %
A
Nutrition Facts
Serving Size 8 fl oz (240mL)
Servings Per Container 8
Amount Per Serving
Calories 80 Calories from Fat 0
% Daily Value *
Total Fat 0g 0 %
Saturated Fat 0g 0 %
Trans Fat 0g
Cholesterol <5mg 0 %
Sodium 125mg 5 %
Total Carbohydrate 12g 4 %
Dietary Fiber 0g 0 %
Sugars 12g
Protein 8g
Vitamin A 10 %
Vitamin C 4 %
Calcium 30 %
Iron 0 %
B
Hide Labels
Select your answer and then select Submit.
BACK
NEXT


MAKE YOUR CALORIES COUNT
Judge If It's Right For You
Introduction
1 Size Up Your Serving & Calories
2 See What's In It For You
3 Judge If It's Right For You
Glossary
Resources
Now, let's look at calcium.
How does the %DV of calcium for 1 serving of each of these compare?
A. Low fat chocolate milk is higher in calcium.
B. Fat free milk is higher in calcium.
C. They are both high in calcium.
(Check the Nutrition Facts labels.)
Nutrition Facts
Serving Size 8 fl oz (240mL)
Servings Per Container 8
Amount Per Serving
Calories 160 Calories from Fat 25
% Daily Value *
Total Fat 2.5g 4 %
Saturated Fat 1.5g 8 %
Trans Fat 0g
Cholesterol 5mg 2 %
Sodium 150mg 6 %
Total Carbohydrate 26g 9 %
Dietary Fiber 1g 5 %
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Protein 8g
Vitamin A 10 %
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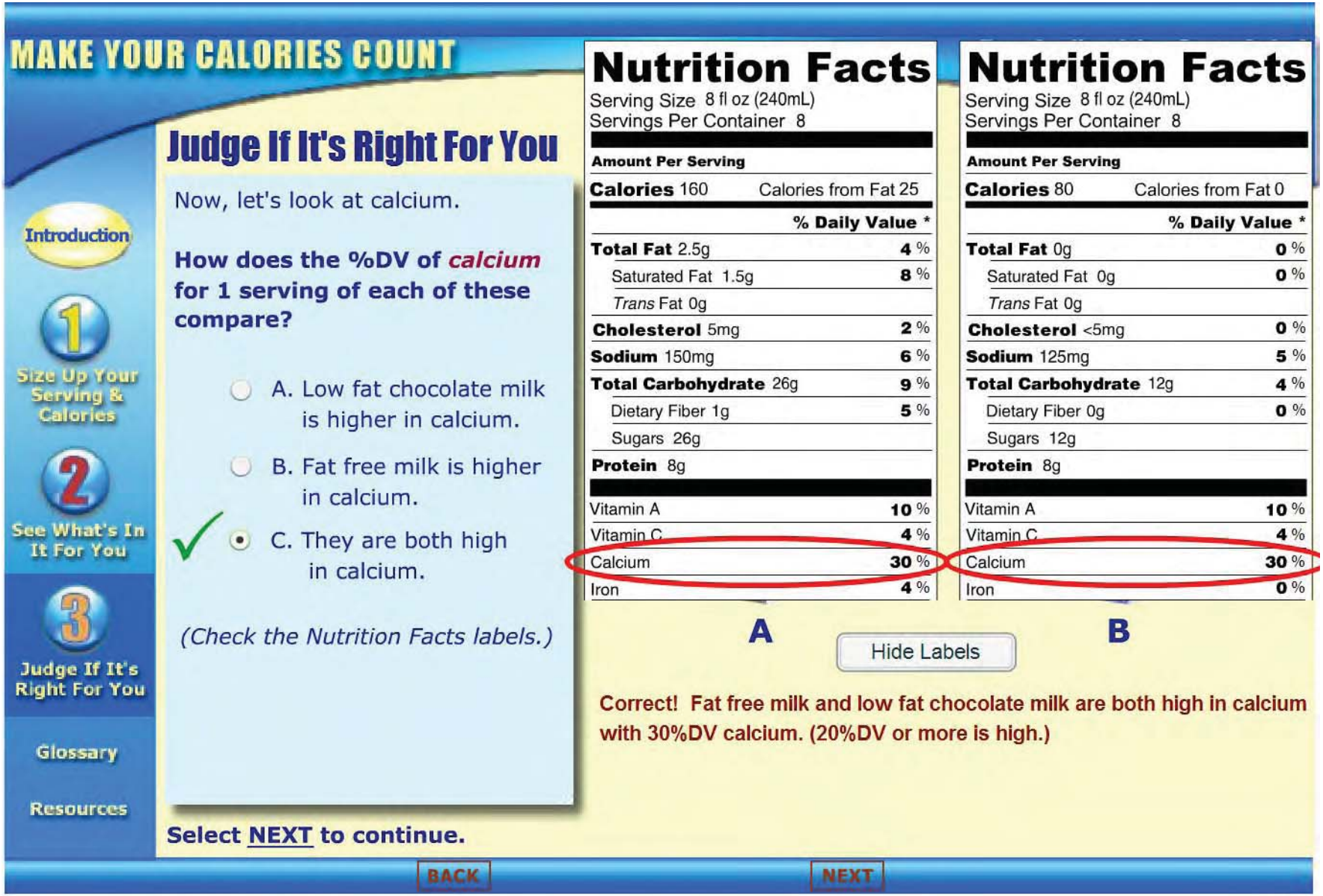
Total Carbohydrate 12g 4 %
Dietary Fiber 0g 0 %
Sugars 12g
Protein 8g
Vitamin A 10 %
Vitamin C 4 %
Calcium 30 %
Iron 0 %
B
Hide Labels
Incorrect. Look at the labels again. Fat free milk and low fat chocolate milk are both high in calcium with 30%DV calcium. (20%DV or more is high.)
Select NEXT to continue.
BACK
NEXT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Vitamin A 10 %
Vitamin C 4 %
Calcium 30 %
Iron 0 %
B
Hide Labels
Correct! Fat free milk and low fat chocolate milk are both high in calcium with 30%DV calcium. (20%DV or more is high.)
Select NEXT to continue.
BACK
NEXT

MAKE YOUR CALORIES COUNT

Use the Nutrition Facts Label for Healthy Weight Management

Judge If It's Right For You

Introduction

1 Size Up Your Serving & Calories

2 See What's In It For You

3 Judge If It's Right For You

Glossary

Resources

Now that we've looked at several parts of the label, let's put it all together.

Which product is the smarter choice when thinking about calories, saturated fat, and calcium in a serving?

- A. Low fat chocolate milk
- B. Fat free milk

(Check the Nutrition Facts labels.)

Submit

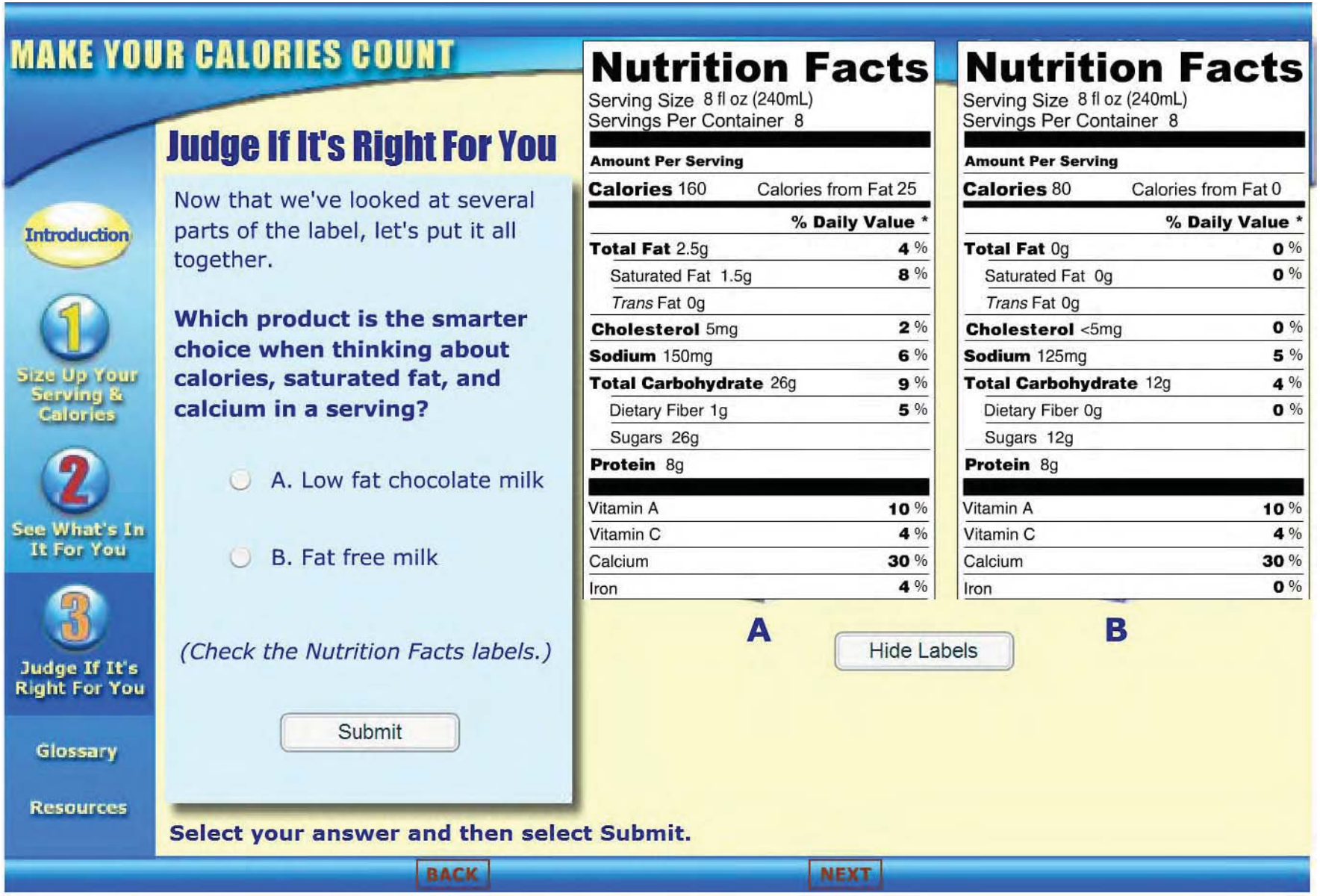
A.

B.

Show Labels

Select your answer and then select Submit.

BACK NEXT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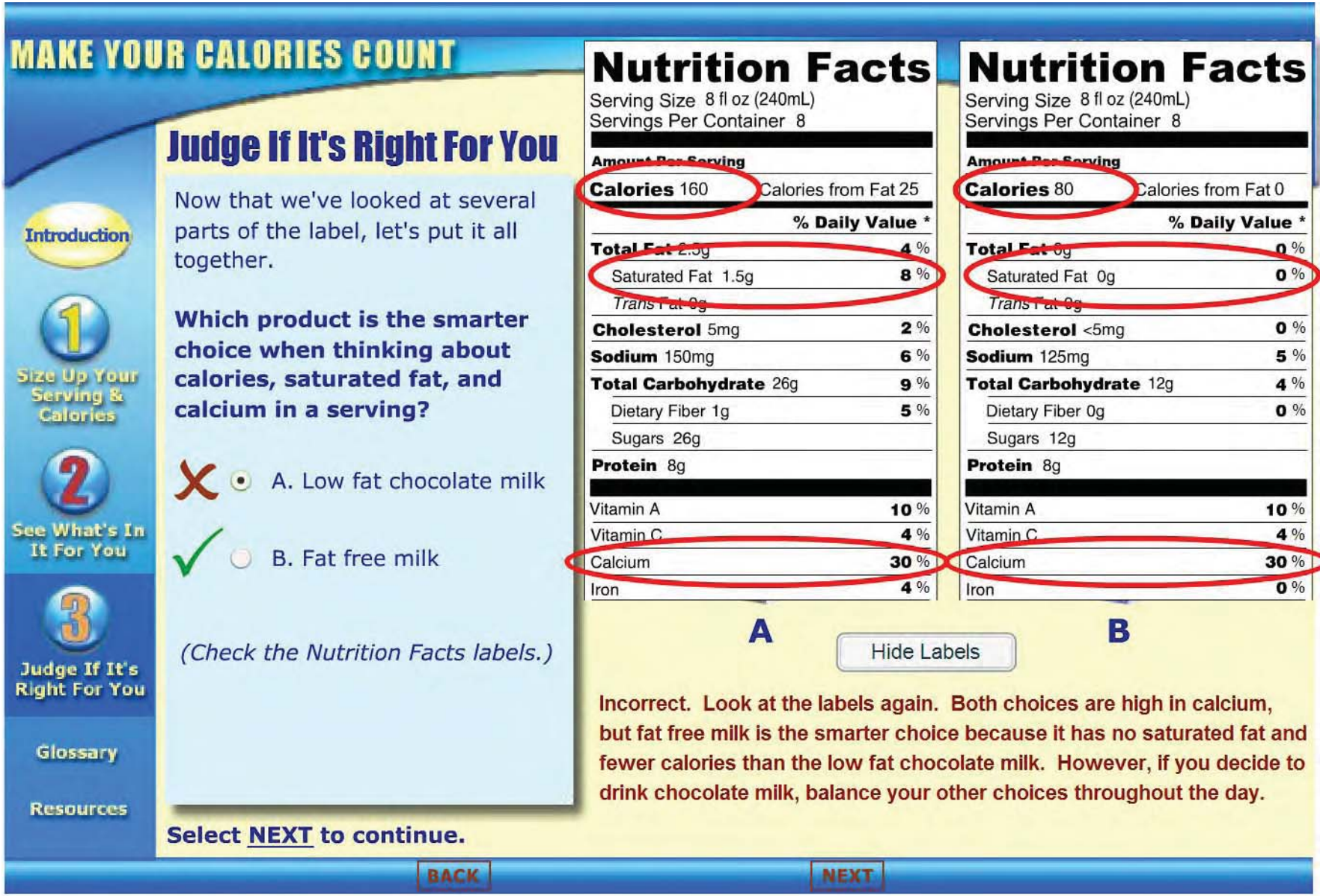
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Introduction
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2 See What's In It For You
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Glossary
Resources
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Calcium 30 %
Iron 4 %
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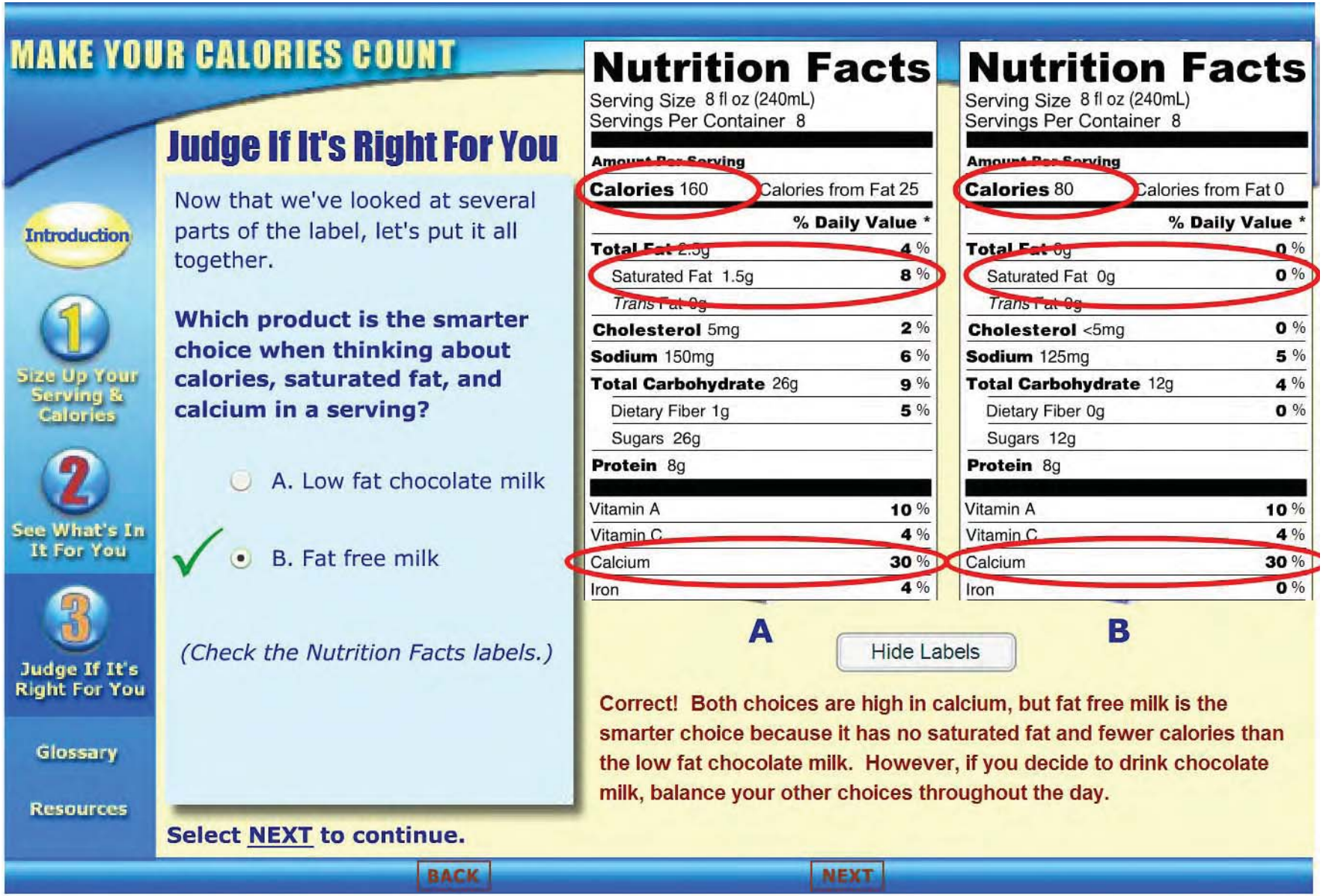
Nutrition Facts
Serving Size 8 fl oz (240mL)
Servings Per Container 8
Amount Per Serving
Calories 80
Calories from Fat 0
% Daily Value *
Total Fat 0g 0 %
Saturated Fat 0g 0 %
Trans Fat 0g
Cholesterol <5mg 0 %
Sodium 125mg 5 %
Total Carbohydrate 12g 4 %
Dietary Fiber 0g 0 %
Sugars 12g
Protein 8g
Vitamin A 10 %
Vitamin C 4 %
Calcium 30 %
Iron 0 %
B
Hide Labels
Incorrect. Look at the labels again. Both choices are high in calcium, but fat free milk is the smarter choice because it has no saturated fat and fewer calories than the low fat chocolate milk. However, if you decide to drink chocolate milk, balance your other choices throughout the day.
Select NEXT to continue.
BACK
NEXT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Introduction
1 Size Up Your Serving & Calories
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Glossary
Resources
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Total Fat 0g 0 %
Saturated Fat 0g 0 %
Trans Fat 0g
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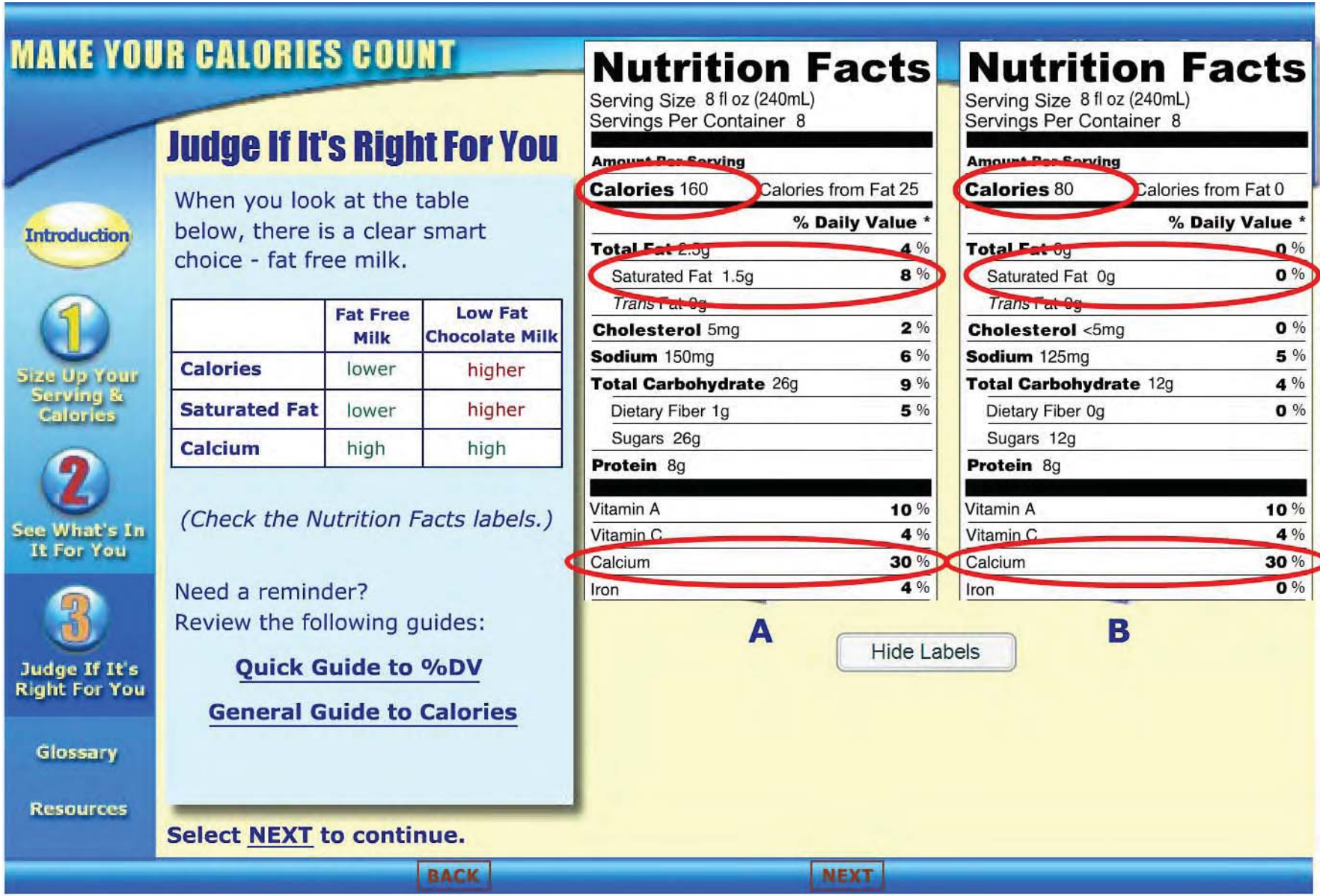
MAKE YOUR CALORIES COUNT
Judge If It's Right For You
When you look at the table below, there is a clear smart choice - fat free milk.
Fat Free Milk
Low Fat Chocolate Milk
Calories
lower
higher
Saturated Fat
lower
higher
Calcium
high
high
(Check the Nutrition Facts labels.)
Need a reminder?
Review the following guides:
Quick Guide to %DV
General Guide to Calories
Introduction
1
Size Up Your Serving & Calories
2
See What's In It For You
3
Judge If It's Right For You
Glossary
Resources
Nutrition Facts
Serving Size 8 fl oz (240mL)
Servings Per Container 8
Amount Per Serving
Calories 160
Calories from Fat 25
% Daily Value *
Total Fat 2.5g 4 %
Saturated Fat 1.5g 8 %
Trans Fat 0g
Cholesterol 5mg 2 %
Sodium 150mg 6 %
Total Carbohydrate 26g 9 %
Dietary Fiber 1g 5 %
Sugars 26g
Protein 8g
Vitamin A 10 %
Vitamin C 4 %
Calcium 30 %
Iron 4 %
A
Nutrition Facts
Serving Size 8 fl oz (240mL)
Servings Per Container 8
Amount Per Serving
Calories 80
Calories from Fat 0
% Daily Value *
Total Fat 0g 0 %
Saturated Fat 0g 0 %
Trans Fat 0g
Cholesterol <5mg 0 %
Sodium 125mg 5 %
Total Carbohydrate 12g 4 %
Dietary Fiber 0g 0 %
Sugars 12g
Protein 8g
Vitamin A 10 %
Vitamin C 4 %
Calcium 30 %
Iron 0 %
B
Hide Labels
Select NEXT to continue.
BACK
NEXT

MAKE YOUR CALORIES COUNT

Use the Nutrition Facts Label for Healthy Weight Management

Judge If It's Right For You

- Introduction
- 1 Size Up Your Serving & Calories
- 2 See What's In It For You
- 3 Judge If It's Right For You
- Glossary
- Resources

When you look at the table below, there is a clear smart choice - fat free milk.

	Fat Free Milk	Low Fat Chocolate Milk
Calories	lower	higher
Saturated Fat	lower	higher
Calcium	high	high

(Check the Nutrition Facts labels.)

Need a reminder?
Review the following guides:

Quick Guide to %DV

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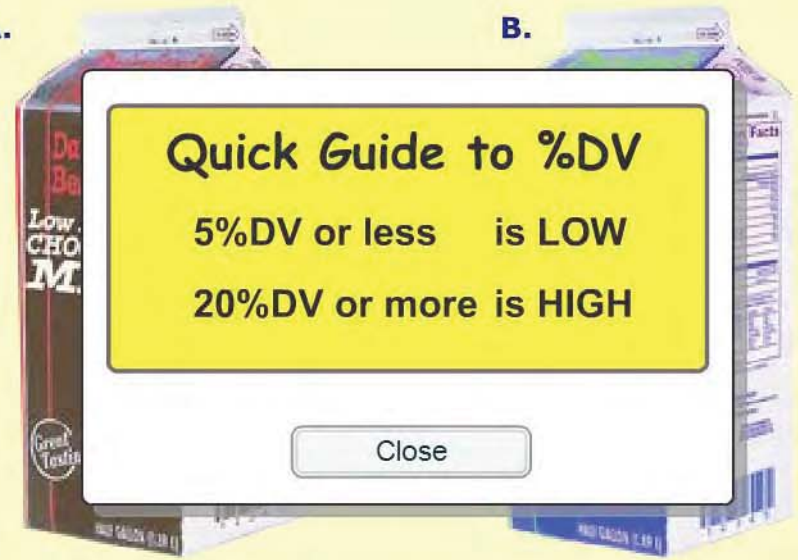
A. B.



Show Labels

Select NEXT to continue.

BACK NEXT

MAKE YOUR CALORIES COUNT

Use the Nutrition Facts Label for Healthy Weight Management

Judge If It's Right For You

Introduction
1 Size Up Your Serving & Calories
2 See What's In It For You
3 Judge If It's Right For You
Glossary
Resources

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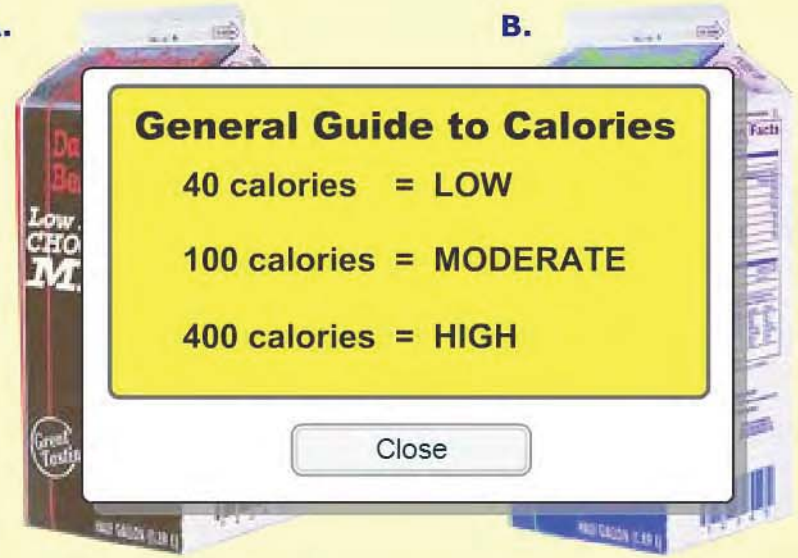
A. B.



Show Labels

Select **NEXT** to continue.

BACK NEXT

MAKE YOUR CALORIES COUNT

Use the Nutrition Facts Label for Healthy Weight Management

Judge If It's Right For You

- Introduction
- 1 Size Up Your Serving & Calories
- 2 See What's In It For You
- 3 Judge If It's Right For You
- Glossary
- Resources

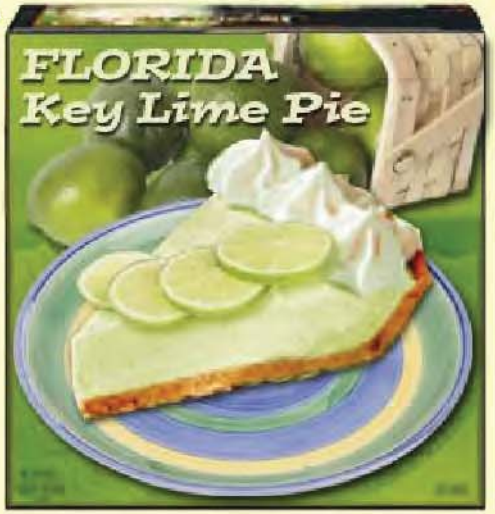
Suppose you enjoy desserts, but are concerned about your weight. Though many desserts are relatively high in calories and saturated fat, you can still make smart food choices. Here we'll focus on serving size, calories per serving, and saturated fat.

To help you decide which desserts to choose, look at the Nutrition Facts labels.

(Check the Nutrition Facts labels.)

A.

B.



Show Labels

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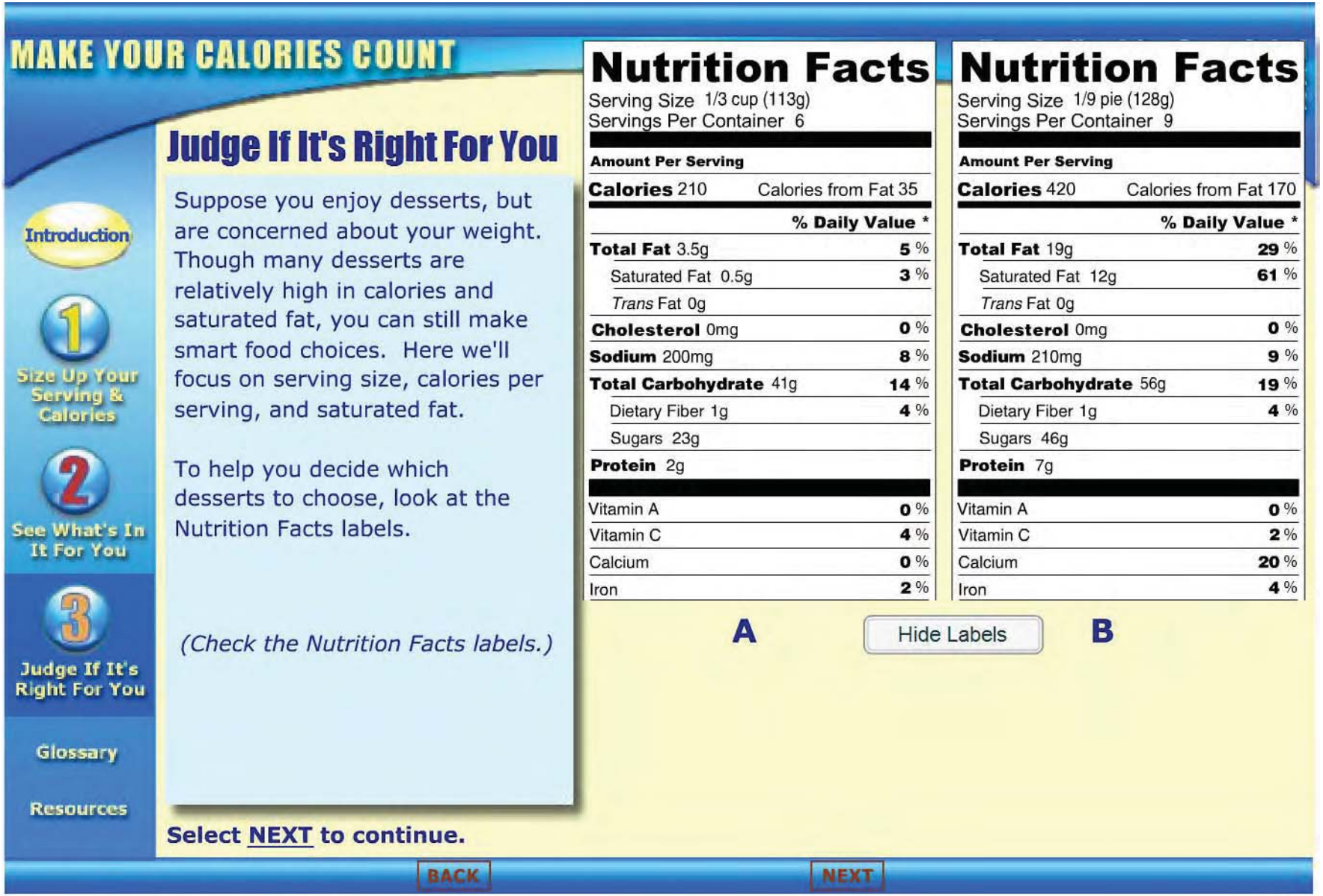
BACK NEXT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Judge If It's Right For You
Introduction
1
Size Up Your Serving & Calories
2
See What's In It For You
3
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Glossary
Resources
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BACK
NEXT
Nutrition Facts
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Servings Per Container 6
Amount Per Serving
Calories 210 Calories from Fat 35
% Daily Value *
Total Fat 3.5g 5 %
Saturated Fat 0.5g 3 %
Trans Fat 0g
Cholesterol 0mg 0 %
Sodium 200mg 8 %
Total Carbohydrate 41g 14 %
Dietary Fiber 1g 4 %
Sugars 23g
Protein 2g
Vitamin A 0 %
Vitamin C 4 %
Calcium 0 %
Iron 2 %
A
Hide Labels
B
Nutrition Facts
Serving Size 1/9 pie (128g)
Servings Per Container 9
Amount Per Serving
Calories 420 Calories from Fat 170
% Daily Value *
Total Fat 19g 29 %
Saturated Fat 12g 61 %
Trans Fat 0g
Cholesterol 0mg 0 %
Sodium 210mg 9 %
Total Carbohydrate 56g 19 %
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MAKE YOUR CALORIES COUNT

Use the Nutrition Facts Label for Healthy Weight Management

Judge If It's Right For You

- Introduction
- 1 Size Up Your Serving & Calories
- 2 See What's In It For You
- 3 Judge If It's Right For You
- Glossary
- Resources

Think about the serving sizes, calories per serving, and saturated fat.

Which would be the smart choice?

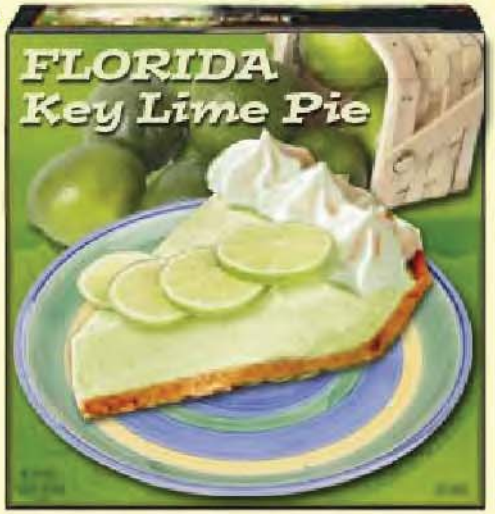
- A. 2/3 cup (2 servings) of Aunt Jane's Apple Crisp
- B. One slice (1/9) of Florida Key Lime Pie

(Check the Nutrition Facts labels.)

Submit

A.

B.



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BACK NEXT

MAKE YOUR CALORIES COUNT

Use the Nutrition Facts Label for Healthy Weight Management

Judge If It's Right For You

Introduction
1 Size Up Your Serving & Calories
2 See What's In It For You
3 Judge If It's Right For You
Glossary
Resources

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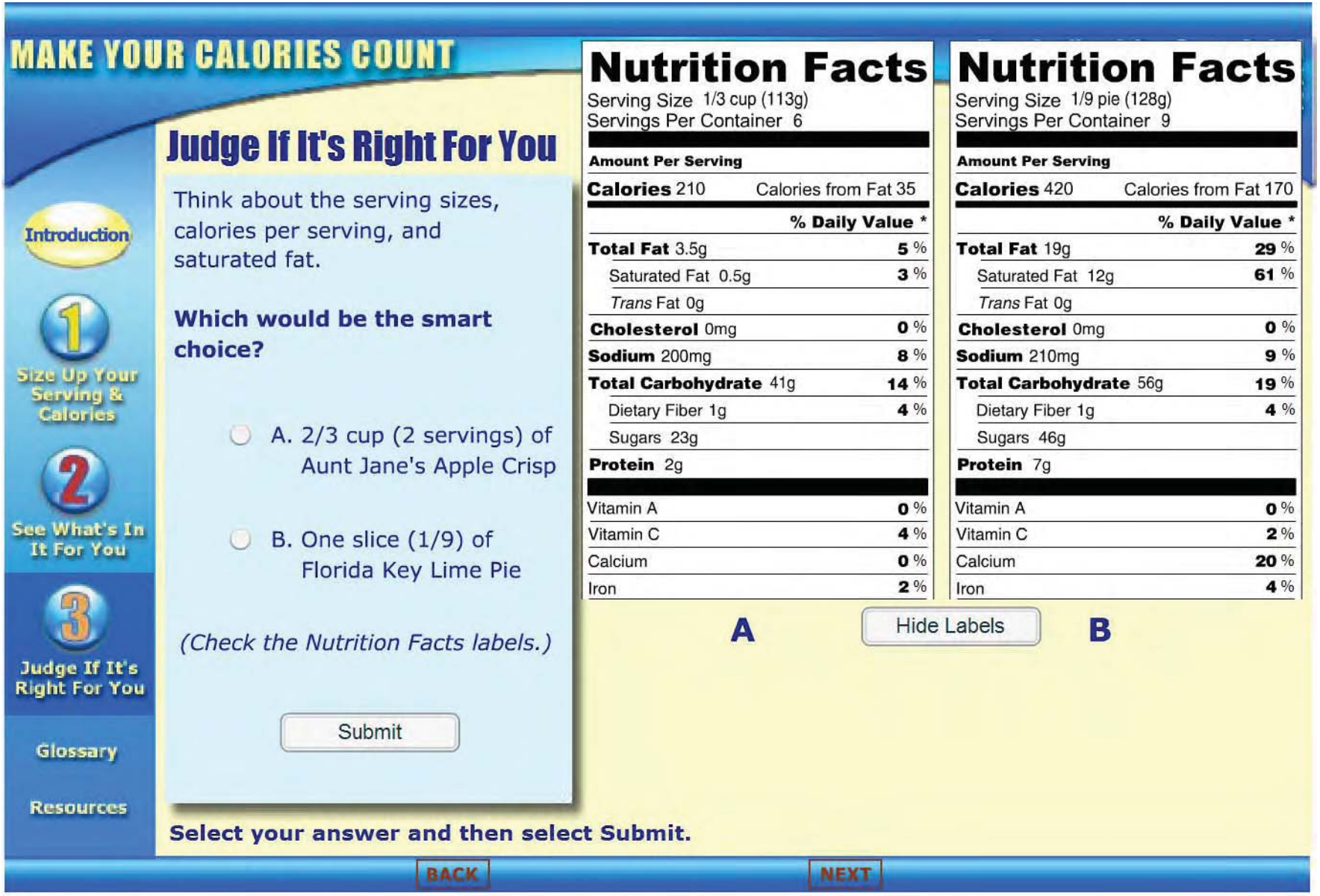
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Introduction
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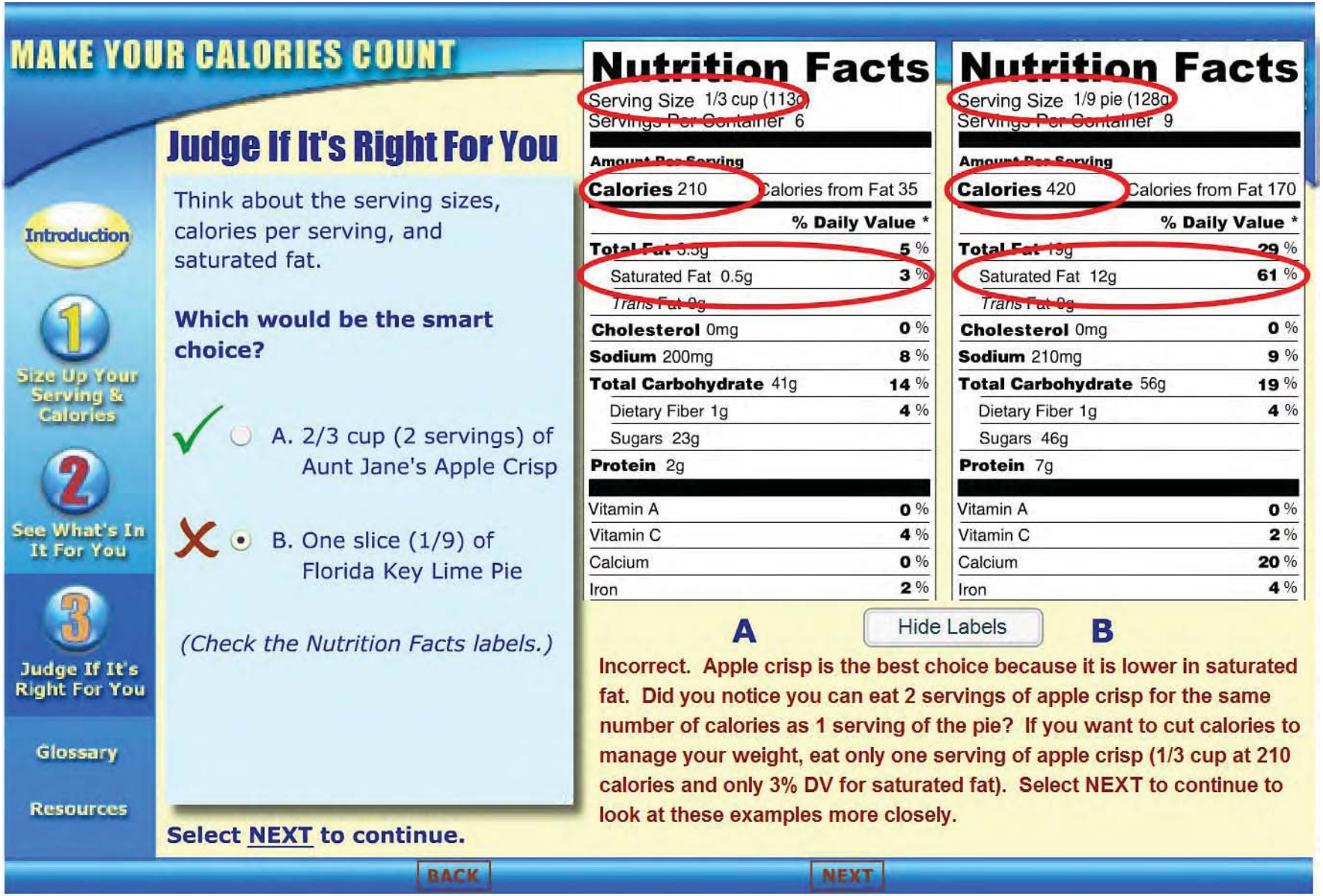
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Protein 7g
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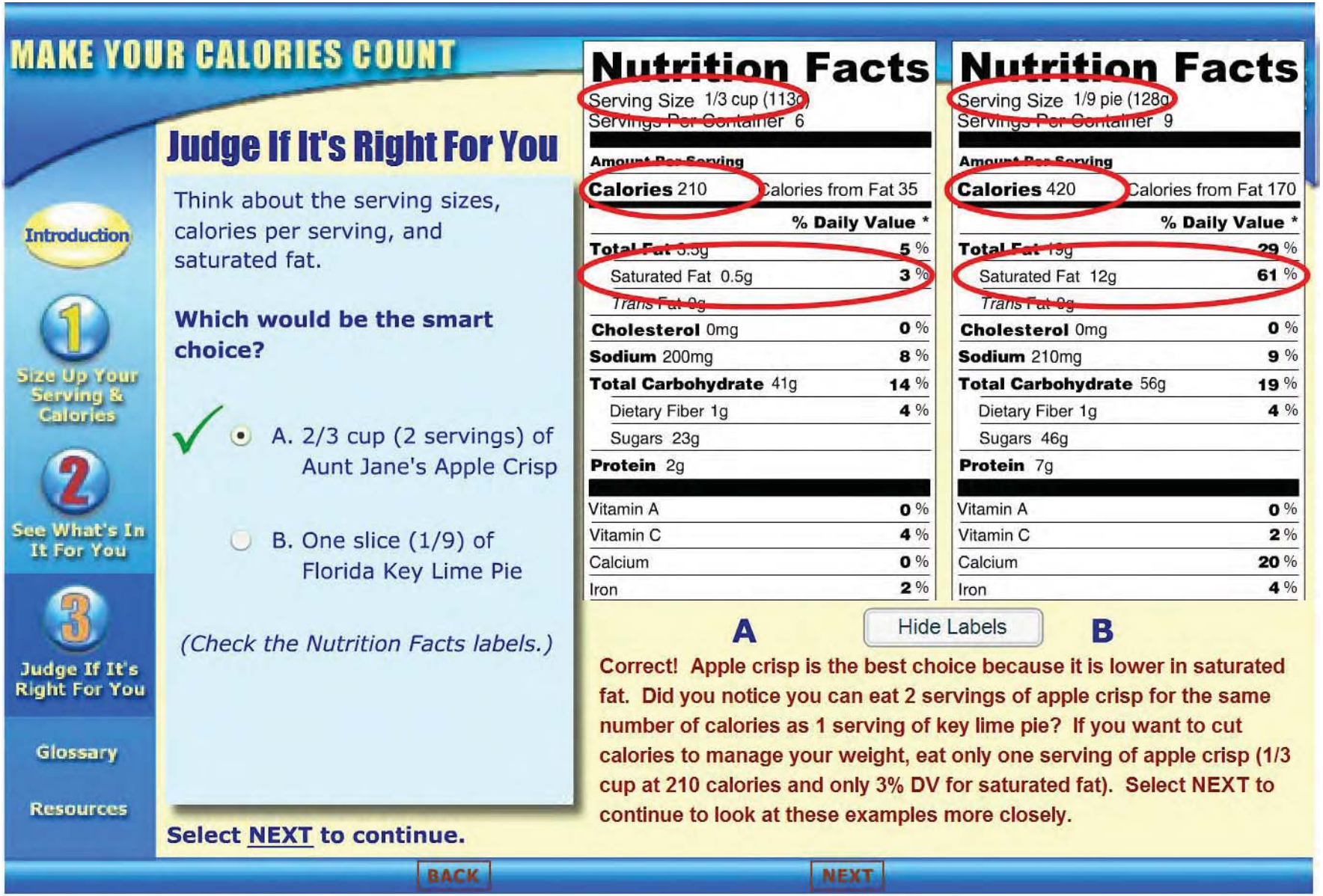
Vitamin C 2 %
Calcium 20 %
Iron 4 %
A
Hide Labels
B
Incorrect. Apple crisp is the best choice because it is lower in saturated fat. Did you notice you can eat 2 servings of apple crisp for the same number of calories as 1 serving of the pie? If you want to cut calories to manage your weight, eat only one serving of apple crisp (1/3 cup at 210 calories and only 3% DV for saturated fat). Select NEXT to continue to look at these examples more closely.
BACK
NEXT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Dietary Fiber 1g 4 %
Sugars 46g
Protein 7g
Vitamin A 0 %
Vitamin C 2 %
Calcium 20 %
Iron 4 %
A
Hide Labels
B
Correct! Apple crisp is the best choice because it is lower in saturated fat. Did you notice you can eat 2 servings of apple crisp for the same number of calories as 1 serving of key lime pie? If you want to cut calories to manage your weight, eat only one serving of apple crisp (1/3 cup at 210 calories and only 3% DV for saturated fat). Select NEXT to continue to look at these examples more closely.
BACK
NEXT

MAKE YOUR CALORIES COUNT

Use the Nutrition Facts Label for Healthy Weight Management

Judge If It's Right For You

Introduction

1 Size Up Your Serving & Calories

2 See What's In It For You

3 Judge If It's Right For You

Glossary

Resources

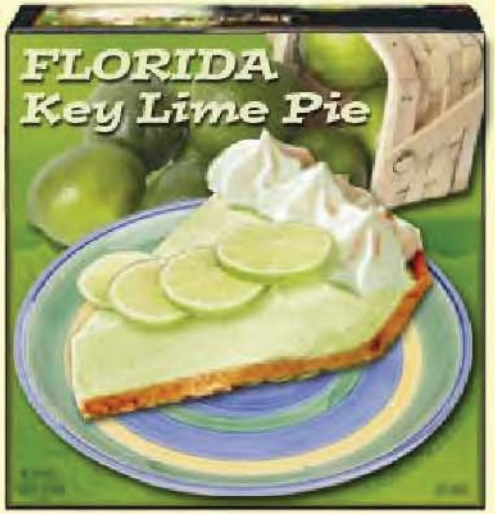
Let's look at the Baked Apple Crisp and the Key Lime Pie closely. In the 2/3 cup of apple crisp you would actually be getting 2 servings (one serving is 1/3 cup), and two servings would give you 420 calories. One-ninth of the pie is one serving and that also gives you 420 calories. So you'd be getting the same number of calories.

But if you look at saturated fat, 2/3 cup of apple crisp gives you 6%DV, whereas the one-ninth of pie gives you 61%DV of saturated fat - very high.

(Check the Nutrition Facts labels.)

A.

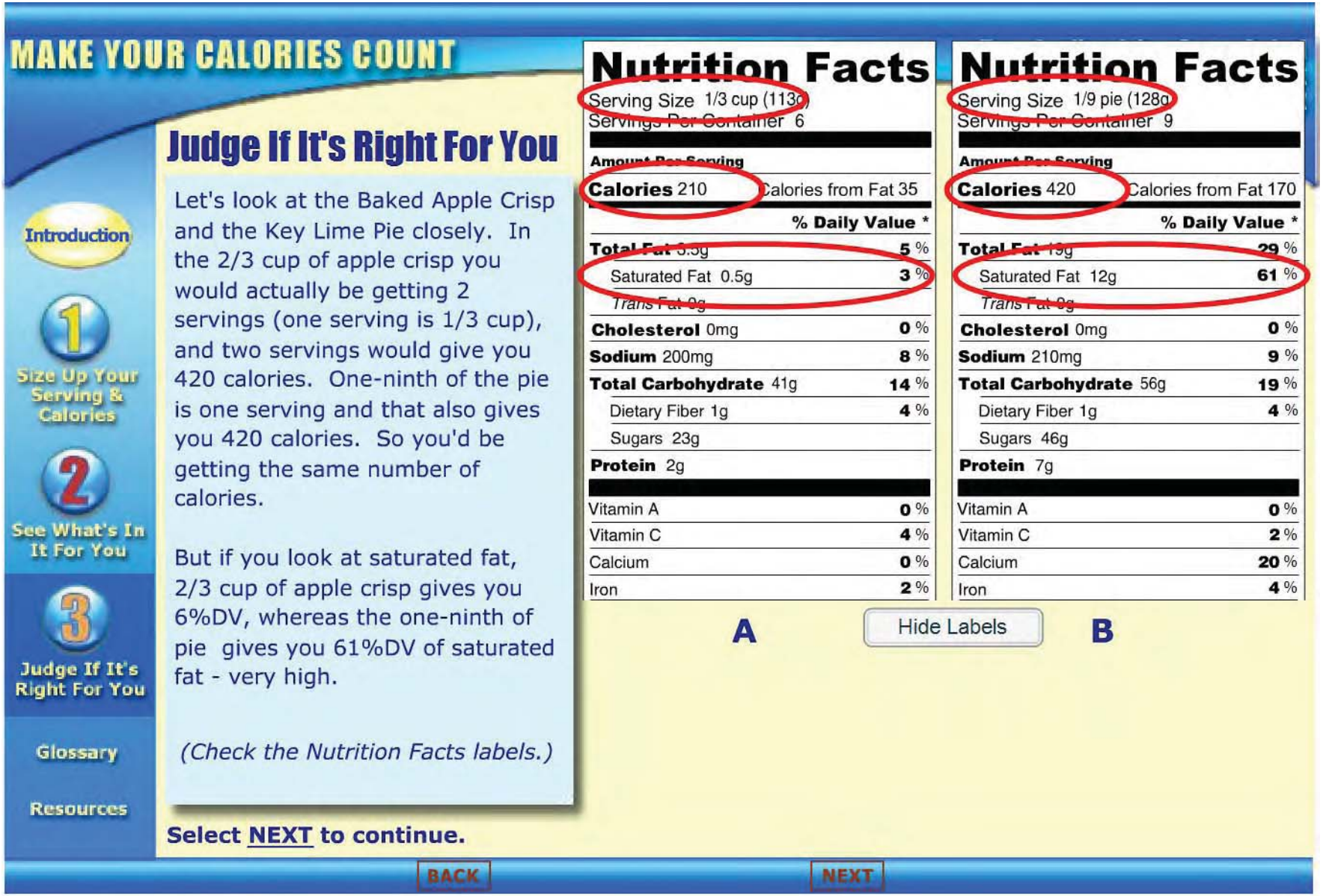
B.



Show Labels

Select NEXT to continue.

BACK NEXT


MAKE YOUR CALORIES COUNT
Judge If It's Right For You
Introduction
1 Size Up Your Serving & Calories
2 See What's In It For You
3 Judge If It's Right For You
Glossary
Resources
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But if you look at saturated fat, 2/3 cup of apple crisp gives you 6%DV, whereas the one-ninth of pie gives you 61%DV of saturated fat - very high.
(Check the Nutrition Facts labels.)
Nutrition Facts
Serving Size 1/3 cup (113g)
Servings Per Container 6
Amount Per Serving
Calories 210
Calories from Fat 35
% Daily Value *
Total Fat 5.5g 5 %
Saturated Fat 0.5g 3 %
Trans Fat 0g
Cholesterol 0mg 0 %
Sodium 200mg 8 %
Total Carbohydrate 41g 14 %
Dietary Fiber 1g 4 %
Sugars 23g
Protein 2g
Vitamin A 0 %
Vitamin C 4 %
Calcium 0 %
Iron 2 %
Nutrition Facts
Serving Size 1/9 pie (128g)
Servings Per Container 9
Amount Per Serving
Calories 420
Calories from Fat 170
% Daily Value *
Total Fat 19g 29 %
Saturated Fat 12g 61 %
Trans Fat 0g
Cholesterol 0mg 0 %
Sodium 210mg 9 %
Total Carbohydrate 56g 19 %
Dietary Fiber 1g 4 %
Sugars 46g
Protein 7g
Vitamin A 0 %
Vitamin C 2 %
Calcium 20 %
Iron 4 %
A
Hide Labels
B
Select NEXT to continue.
BACK
NEXT

MAKE YOUR CALORIES COUNT

Use the Nutrition Facts Label for Healthy Weight Management

Introduction

1 Size Up Your Serving & Calories

2 See What's In It For You

3 Judge If It's Right For You

Glossary

Resources

Judge If It's Right For You

Remember you need to consider both calories and nutrients in terms of how much you will actually eat.

See what happens if you eat multiple servings.

Select and drag the lever.

Calories: 210

%DV Saturated Fat: 3%

One Serving 1/3 cup | Two Servings 2/3 cup | Three Servings 1 cup | Four Servings 1 1/3 cup

(Amount Consumed)

Select NEXT to continue.

BACK NEXT

MAKE YOUR CALORIES COUNT

Use the Nutrition Facts Label for Healthy Weight Management

Introduction

1 Size Up Your Serving & Calories

2 See What's In It For You

3 Judge If It's Right For You

Glossary

Resources

Judge If It's Right For You

Remember you need to consider both calories and nutrients in terms of how much you will actually eat.

See what happens if you eat multiple servings.

Select and drag the lever.

Calories: 630

%DV Saturated Fat: 9%

One Serving 1/3 cup | Two Servings 2/3 cup | Three Servings 1 cup | Four Servings 1 1/3 cup

(Amount Consumed)

Select NEXT to continue.

BACK NEXT

MAKE YOUR CALORIES COUNT

Use the Nutrition Facts Label for Healthy Weight Management

Judge If It's Right For You

Introduction

1 Size Up Your Serving & Calories

2 See What's In It For You

3 Judge If It's Right For You

Glossary

Resources

Packaged one-dish meals can be very convenient, but it's important to know what you're getting - that is, in terms of calories and nutrients.

We're going to look at calories, saturated fat, sodium, calcium and fiber in two products. Compare the food labels to make a smart choice.

(Check the Nutrition Facts labels.)

A.

B.

Show Labels

Select NEXT to continue.

BACK NEXT

MAKE YOUR CALORIES COUNT

Use the Nutrition Facts Label for Healthy Weight Management

Judge If It's Right For You

Introduction

1 Size Up Your Serving & Calories

2 See What's In It For You

3 Judge If It's Right For You

Glossary

Resources

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B.

Show Labels

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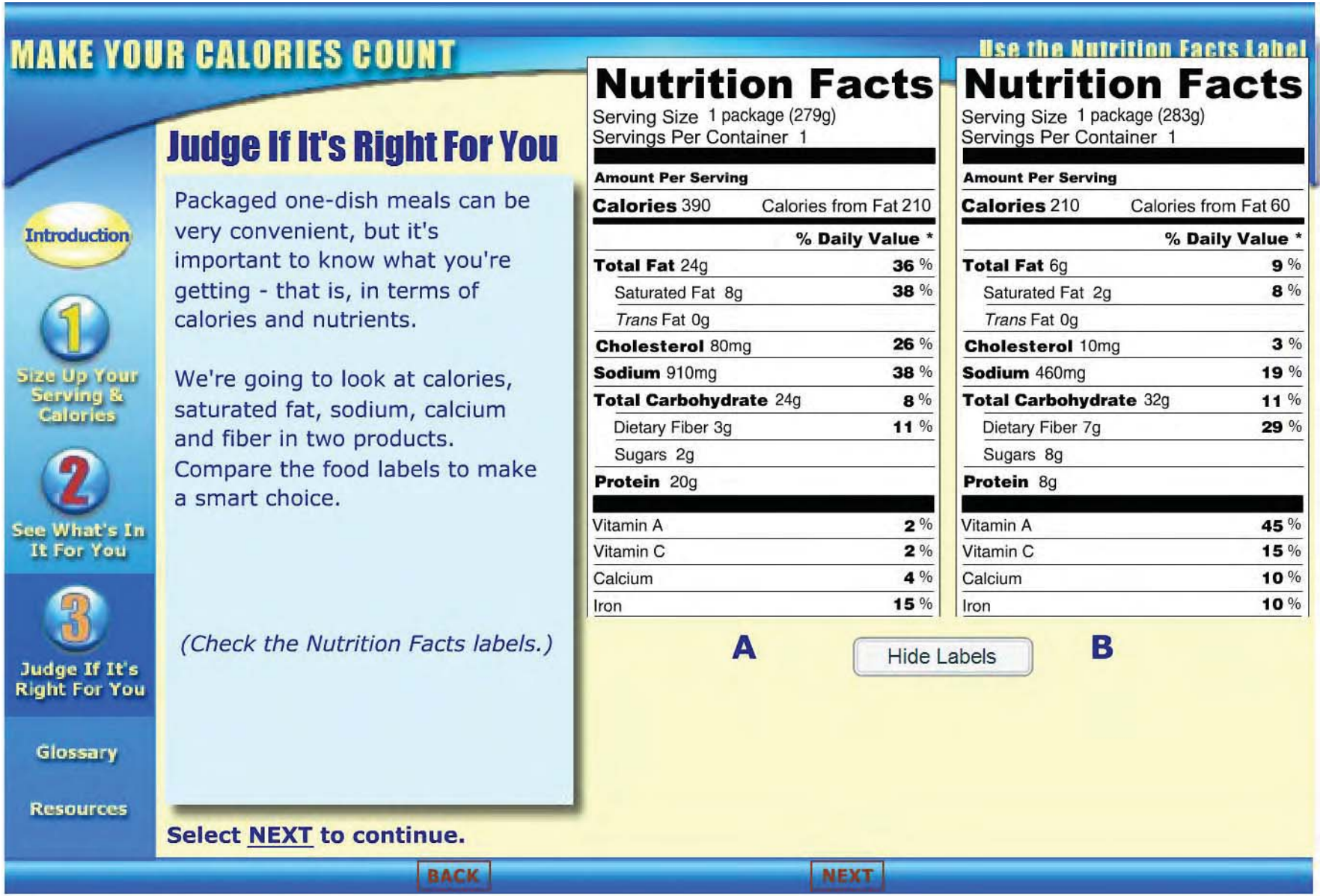
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Use the Nutrition Facts Label
Judge If It's Right For You
Introduction
1
Size Up Your Serving & Calories
2
See What's In It For You
3
Judge If It's Right For You
Glossary
Resources
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We're going to look at calories, saturated fat, sodium, calcium and fiber in two products. Compare the food labels to make a smart choice.
(Check the Nutrition Facts labels.)
Nutrition Facts
Serving Size 1 package (279g)
Servings Per Container 1
Amount Per Serving
Calories 390 Calories from Fat 210
% Daily Value *
Total Fat 24g 36 %
Saturated Fat 8g 38 %
Trans Fat 0g
Cholesterol 80mg 26 %
Sodium 910mg 38 %
Total Carbohydrate 24g 8 %
Dietary Fiber 3g 11 %
Sugars 2g
Protein 20g
Vitamin A 2 %
Vitamin C 2 %
Calcium 4 %
Iron 15 %
A
Hide Labels
Nutrition Facts
Serving Size 1 package (283g)
Servings Per Container 1
Amount Per Serving
Calories 210 Calories from Fat 60
% Daily Value *
Total Fat 6g 9 %
Saturated Fat 2g 8 %
Trans Fat 0g
Cholesterol 10mg 3 %
Sodium 460mg 19 %
Total Carbohydrate 32g 11 %
Dietary Fiber 7g 29 %
Sugars 8g
Protein 8g
Vitamin A 45 %
Vitamin C 15 %
Calcium 10 %
Iron 10 %
B
Select NEXT to continue.
BACK
NEXT

MAKE YOUR CALORIES COUNT

Use the Nutrition Facts Label for Healthy Weight Management

Judge If It's Right For You

- Introduction
- 1 Size Up Your Serving & Calories
- 2 See What's In It For You
- 3 Judge If It's Right For You
- Glossary
- Resources

If you are watching your calories, which product would you choose?

- A. Country Meatloaf with Gravy and Mashed Potatoes
- B. New Orleans Three-Bean Chili with Rice

(Check the Nutrition Facts labels.)

Submit

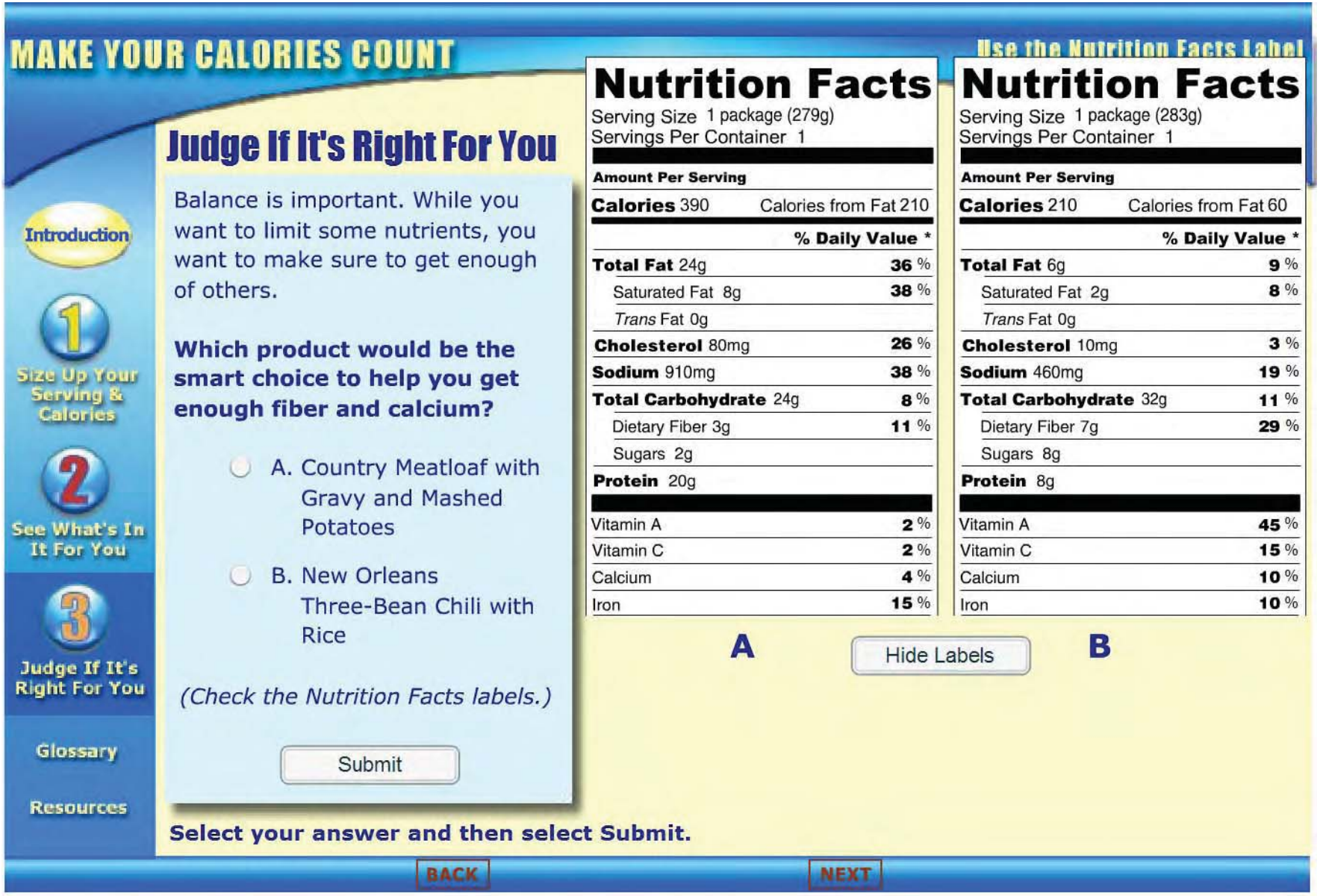
A.

B.

Show Labels

Select your answer and then select Submit.

BACK NEXT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Use the Nutrition Facts Label
Judge If It's Right For You
Introduction
1 Size Up Your Serving & Calories
2 See What's In It For You
3 Judge If It's Right For You
Glossary
Resources
Balance is important. While you want to limit some nutrients, you want to make sure to get enough of others.
Which product would be the smart choice to help you get enough fiber and calcium?
A. Country Meatloaf with Gravy and Mashed Potatoes
B. New Orleans Three-Bean Chili with Rice
(Check the Nutrition Facts labels.)
Submit
Nutrition Facts
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Servings Per Container 1
Amount Per Serving
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Calcium 10 %
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B
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Glossary
Resources
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A
Hide Labels
B
Incorrect. Look at the labels again. The chili is the smart choice, when limiting calories. The chili is lower in calories - 210, versus 390 calories in the meatloaf.
Select NEXT to continue.
BACK
NEXT


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Use the Nutrition Facts Label
Judge If It's Right For You
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Introduction
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2 See What's In It For You
3 Judge If It's Right For You
Glossary
Resources
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Calcium 10 %
Iron 10 %
A
Hide Labels
B
Correct! The chili is the smart choice, when limiting calories. The chili is lower in calories - 210, versus 390 calories in the meatloaf.
Select NEXT to continue.
BACK
NEXT

MAKE YOUR CALORIES COUNT

Use the Nutrition Facts Label for Healthy Weight Management

Judge If It's Right For You

- Introduction
- 1 Size Up Your Serving & Calories
- 2 See What's In It For You
- 3 Judge If It's Right For You
- Glossary
- Resources

Let's take a look at two nutrients which you should limit.

Which of these products is lower in saturated fat and sodium?

- A. Country Meatloaf with Gravy and Mashed Potatoes
- B. New Orleans Three-Bean Chili with Rice

(Check the Nutrition Facts labels.)

Submit

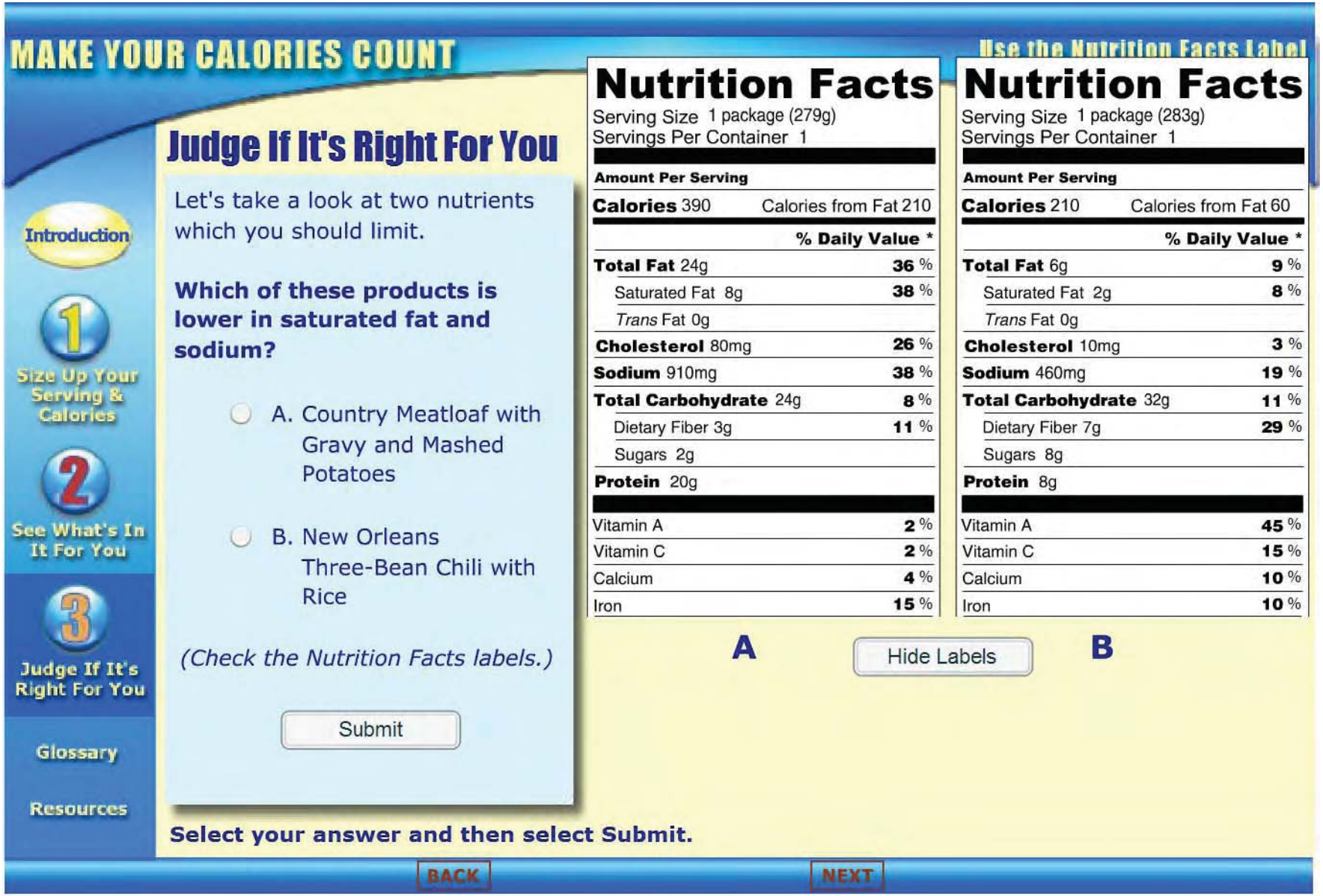
A.

B.

Show Labels

Select your answer and then select Submit.

BACK NEXT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Use the Nutrition Facts Label
Judge If It's Right For You
Introduction
1
Size Up Your Serving & Calories
2
See What's In It For You
3
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Glossary
Resources
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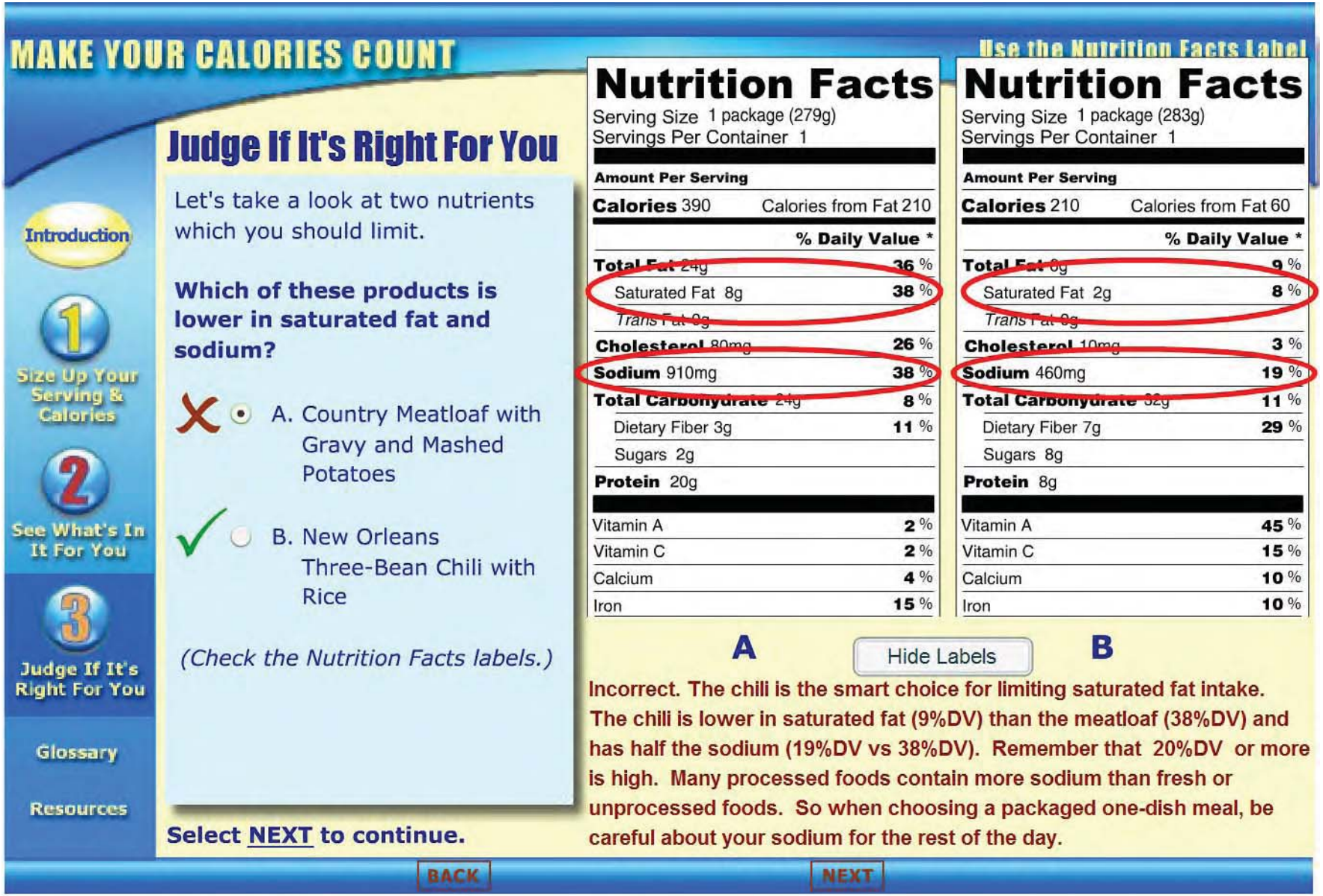
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2 See What's In It For You
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Glossary
Resources
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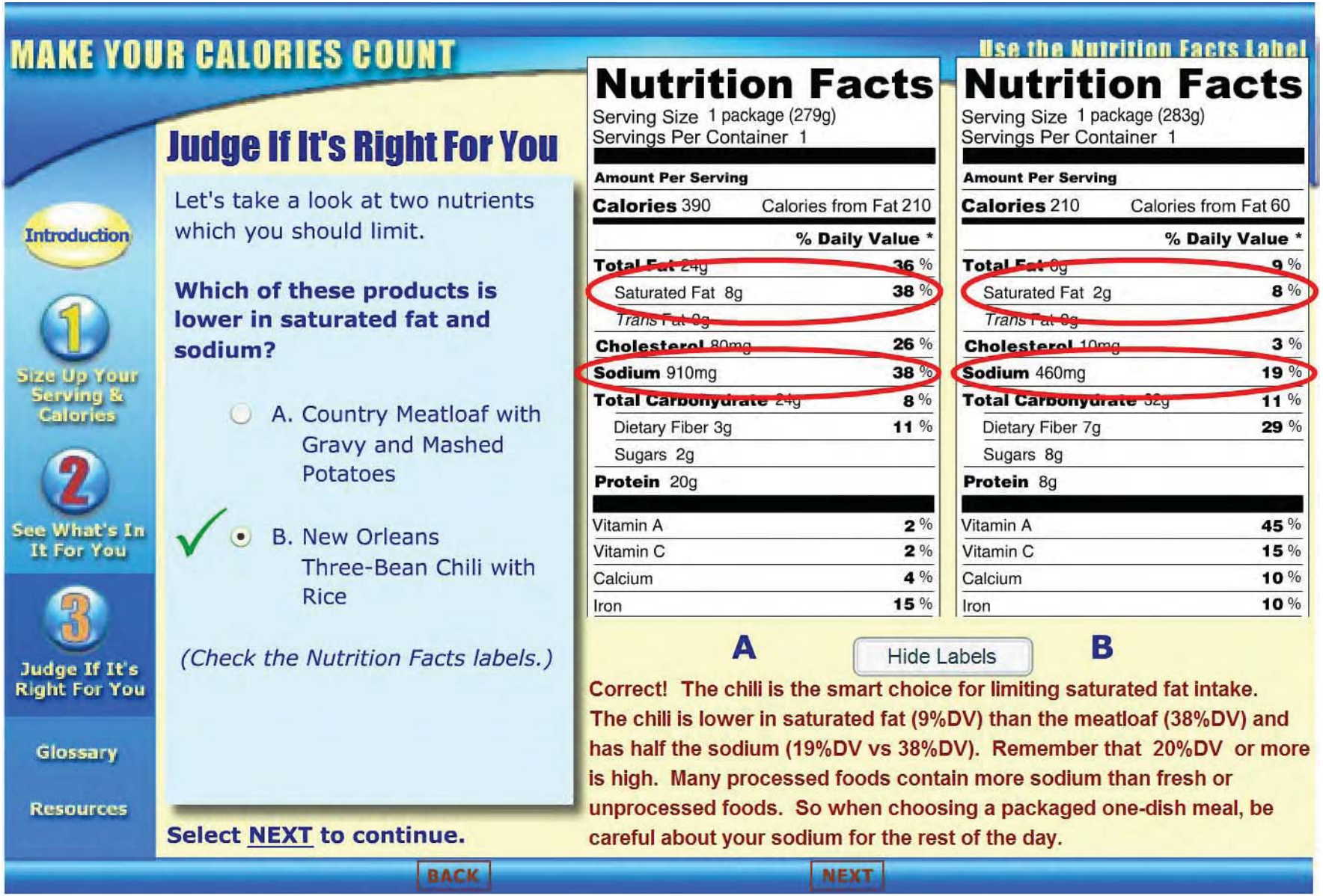
A
Hide Labels
B
Incorrect. The chili is the smart choice for limiting saturated fat intake. The chili is lower in saturated fat (9%DV) than the meatloaf (38%DV) and has half the sodium (19%DV vs 38%DV). Remember that 20%DV or more is high. Many processed foods contain more sodium than fresh or unprocessed foods. So when choosing a packaged one-dish meal, be careful about your sodium for the rest of the day.
BACK
NEXT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Use the Nutrition Facts Label
Judge If It's Right For You
Introduction
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2 See What's In It For You
3 Judge If It's Right For You
Glossary
Resources
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BACK
NEXT

MAKE YOUR CALORIES COUNT

Use the Nutrition Facts Label for Healthy Weight Management

Judge If It's Right For You

Introduction

1 Size Up Your Serving & Calories

2 See What's In It For You

3 Judge If It's Right For You

Glossary

Resources

Balance is important. While you want to limit some nutrients, you want to make sure to get enough of others.

Which product would be the smart choice to help you get enough fiber and calcium?

- A. Country Meatloaf with Gravy and Mashed Potatoes
- B. New Orleans Three-Bean Chili with Rice

(Check the Nutrition Facts labels.)

Submit

A.

B.

Show Labels

Select your answer and then select Submit.

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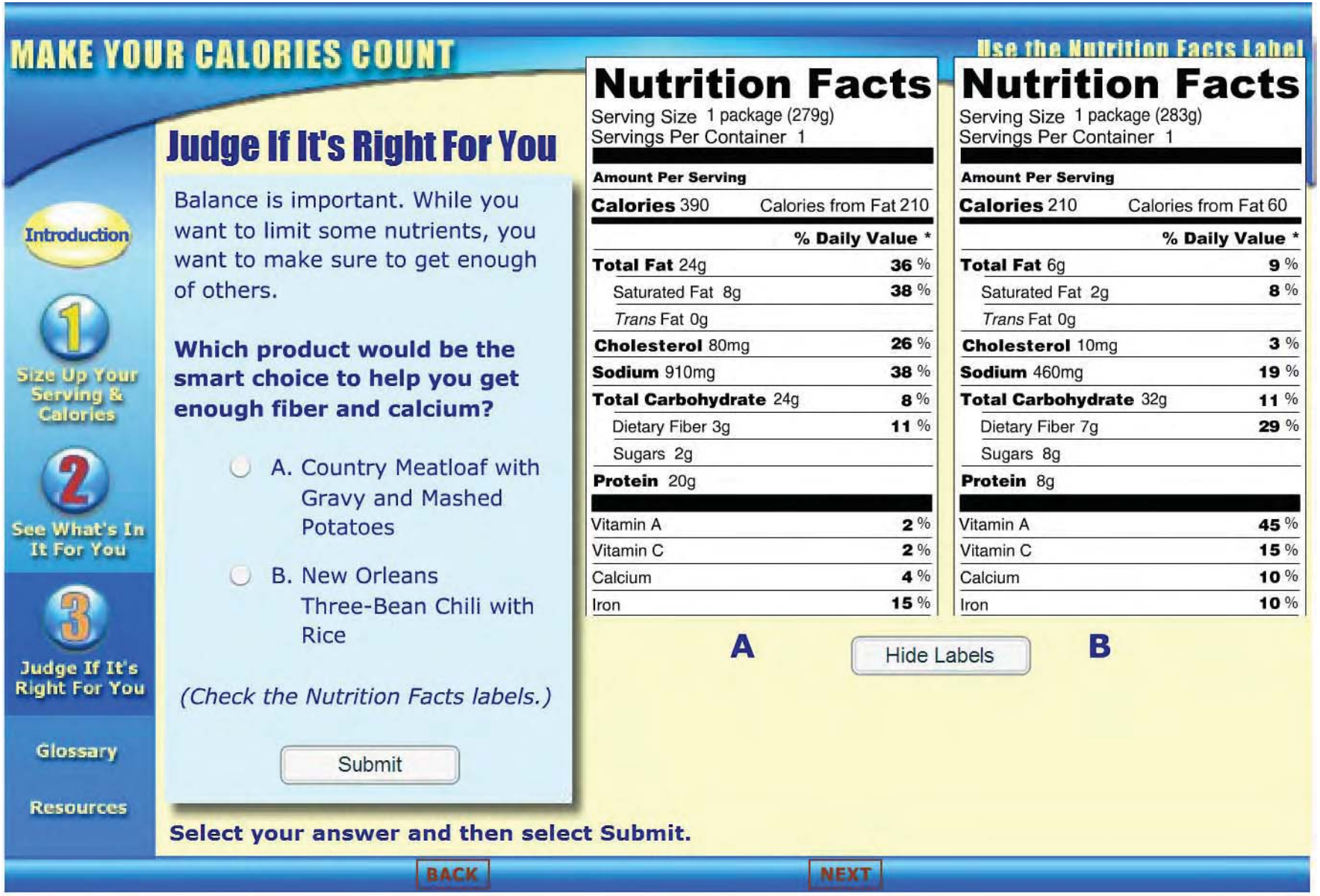
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Use the Nutrition Facts Label
Introduction
1
Size Up Your Serving & Calories
2
See What's In It For You
3
Judge If It's Right For You
Glossary
Resources
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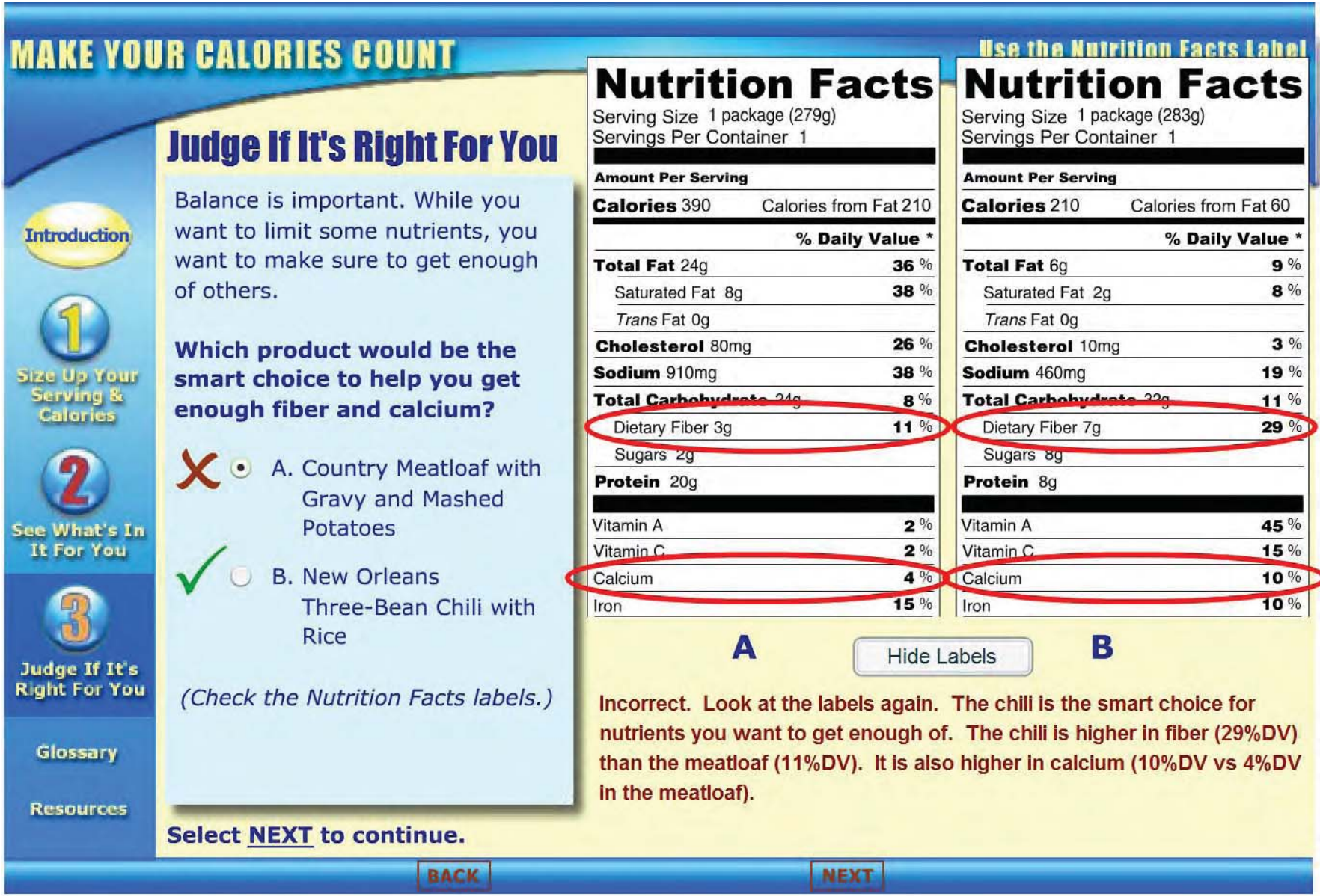
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Use the Nutrition Facts Label
Introduction
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3 Judge If It's Right For You
Glossary
Resources
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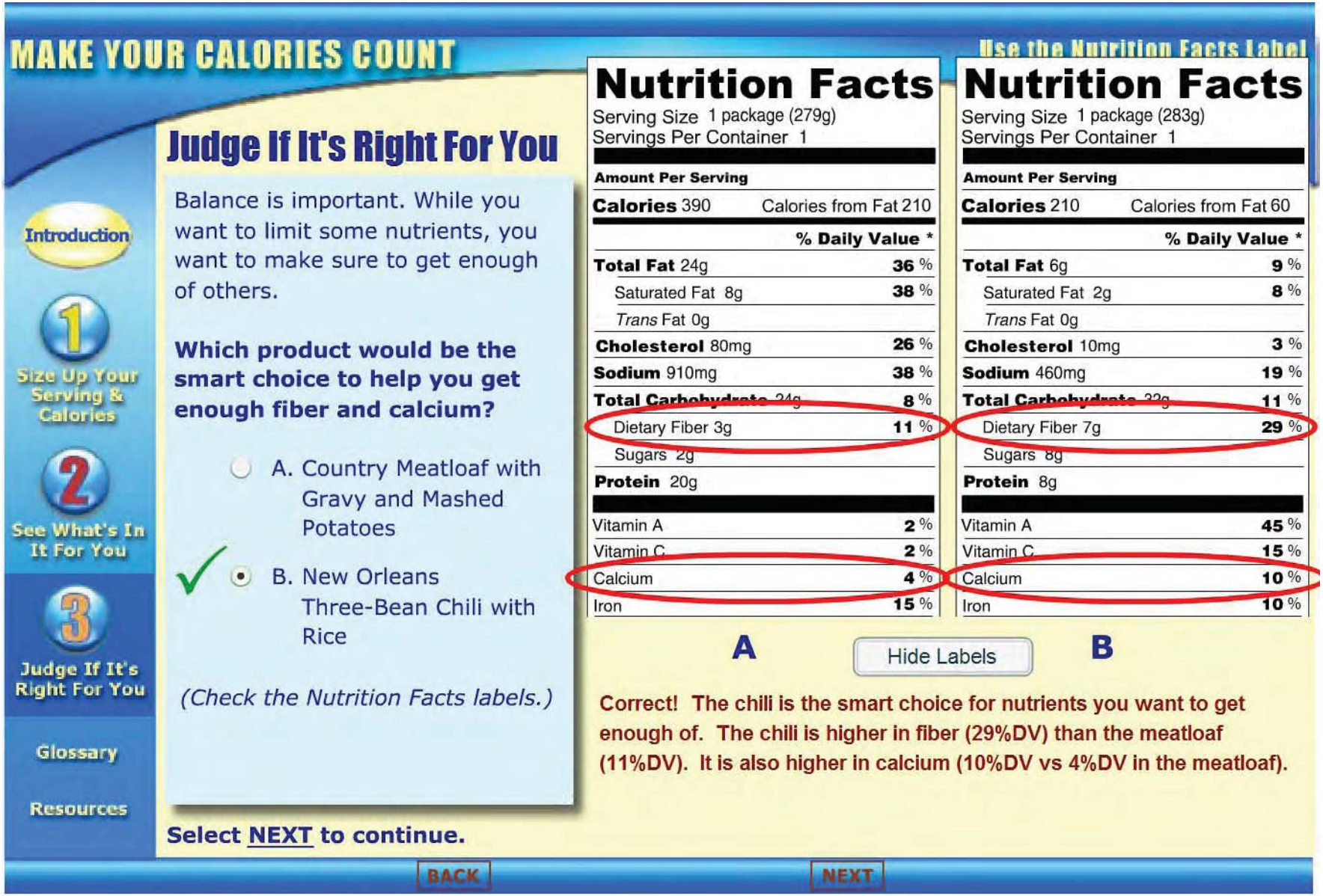
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Glossary
Resources
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MAKE YOUR CALORIES COUNT

Use the Nutrition Facts Label for Healthy Weight Management

Judge If It's Right For You

Introduction
1 Size Up Your Serving & Calories
2 See What's In It For You
3 Judge If It's Right For You
Glossary
Resources

Let's pull everything together. When you look at the table below, there is a clear answer - the chili is the smart choice. However, when comparing other foods in the grocery store, a wise choice may not be so obvious. You'll have to judge by using the entire Nutrition Facts label, and weigh your other choices for the rest of the day.

	Country Meatloaf	New Orleans Chili
Calories	higher	lower
Saturated Fat	higher	lower
Sodium	higher	lower
Fiber	lower	higher
Calcium	lower	higher

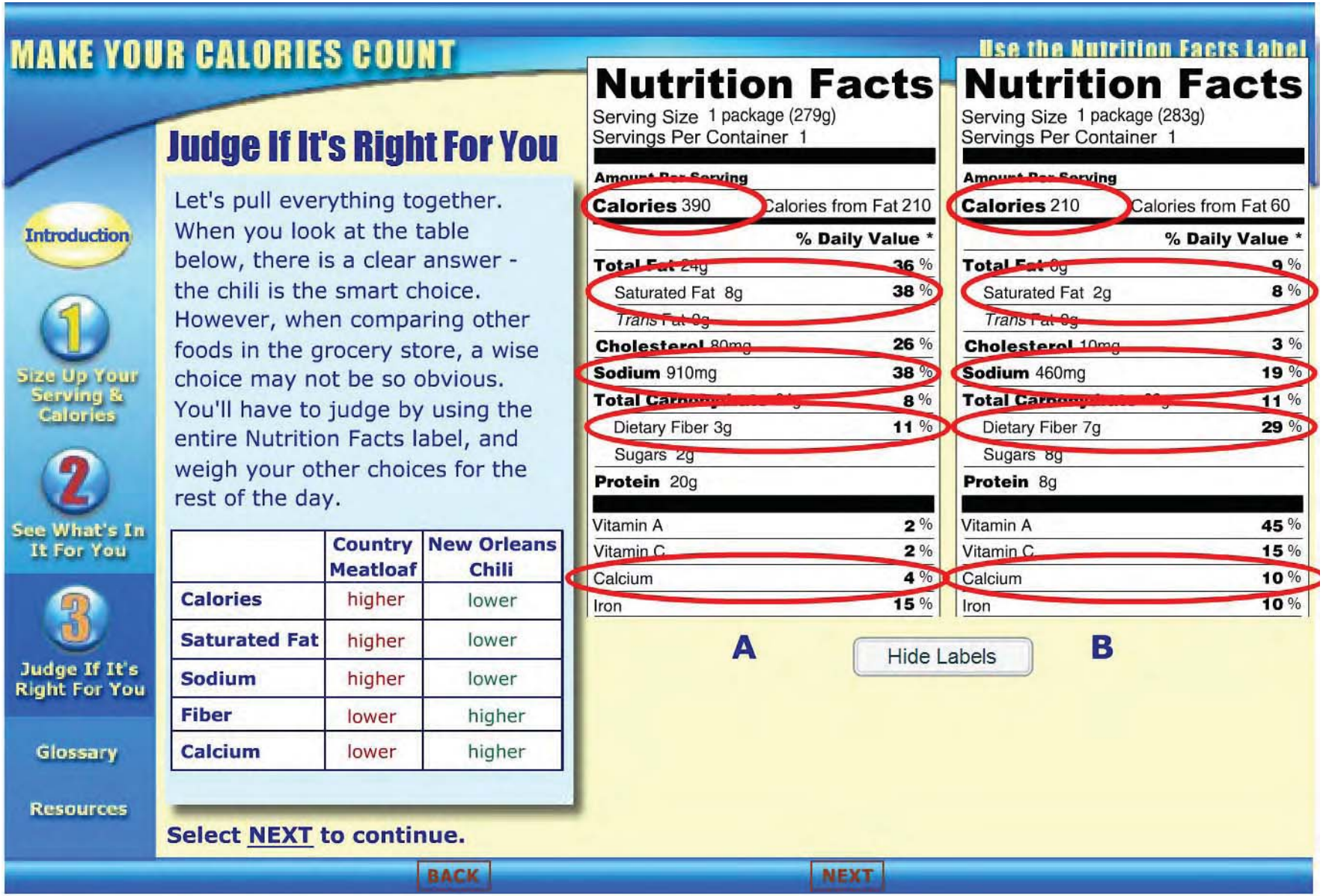
A.

B.

Show Labels

Select NEXT to continue.

BACK NEXT


MAKE YOUR CALORIES COUNT
Use the Nutrition Facts Label
Judge If It's Right For You
Introduction
1
Size Up Your Serving & Calories
2
See What's In It For You
3
Judge If It's Right For You
Glossary
Resources
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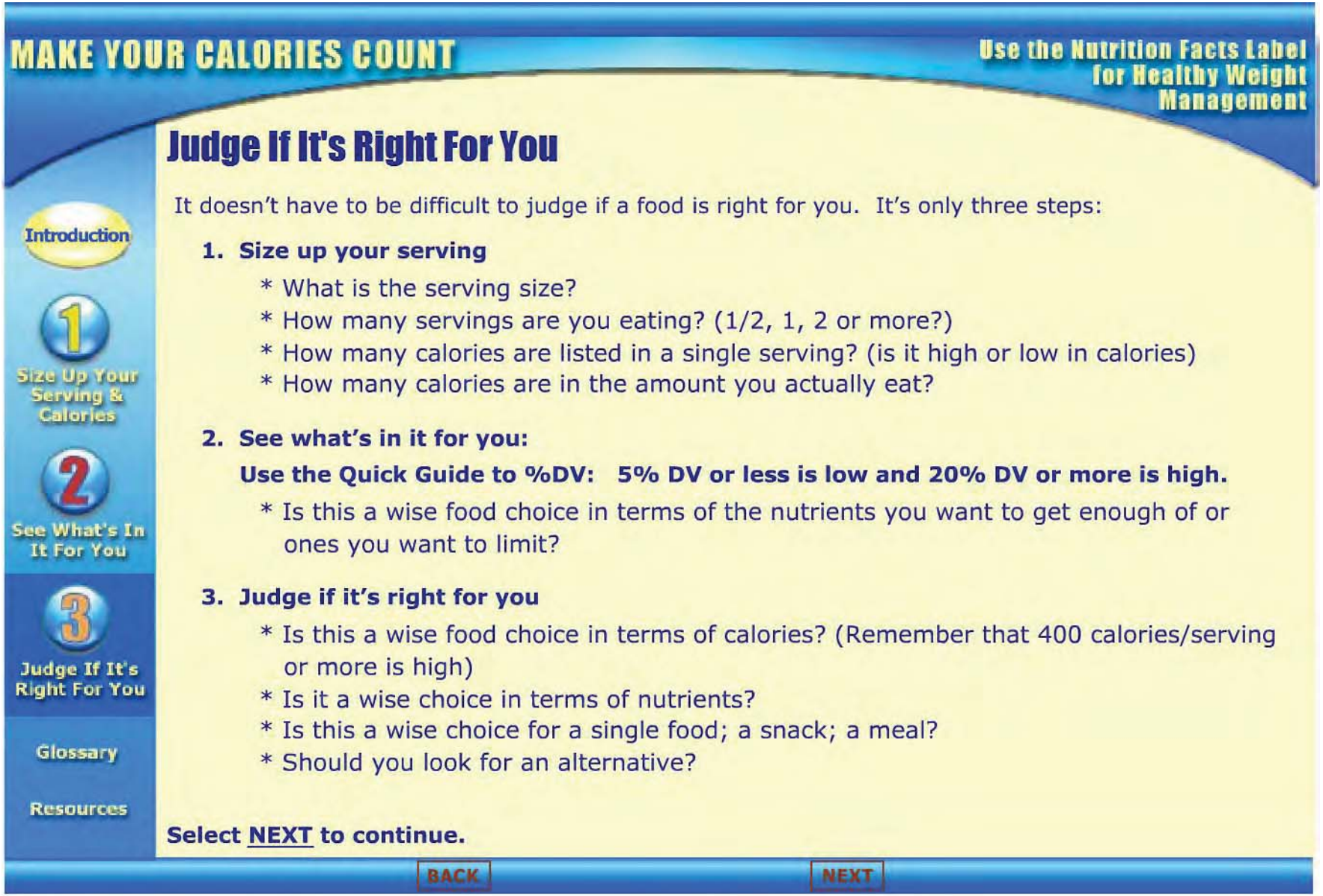
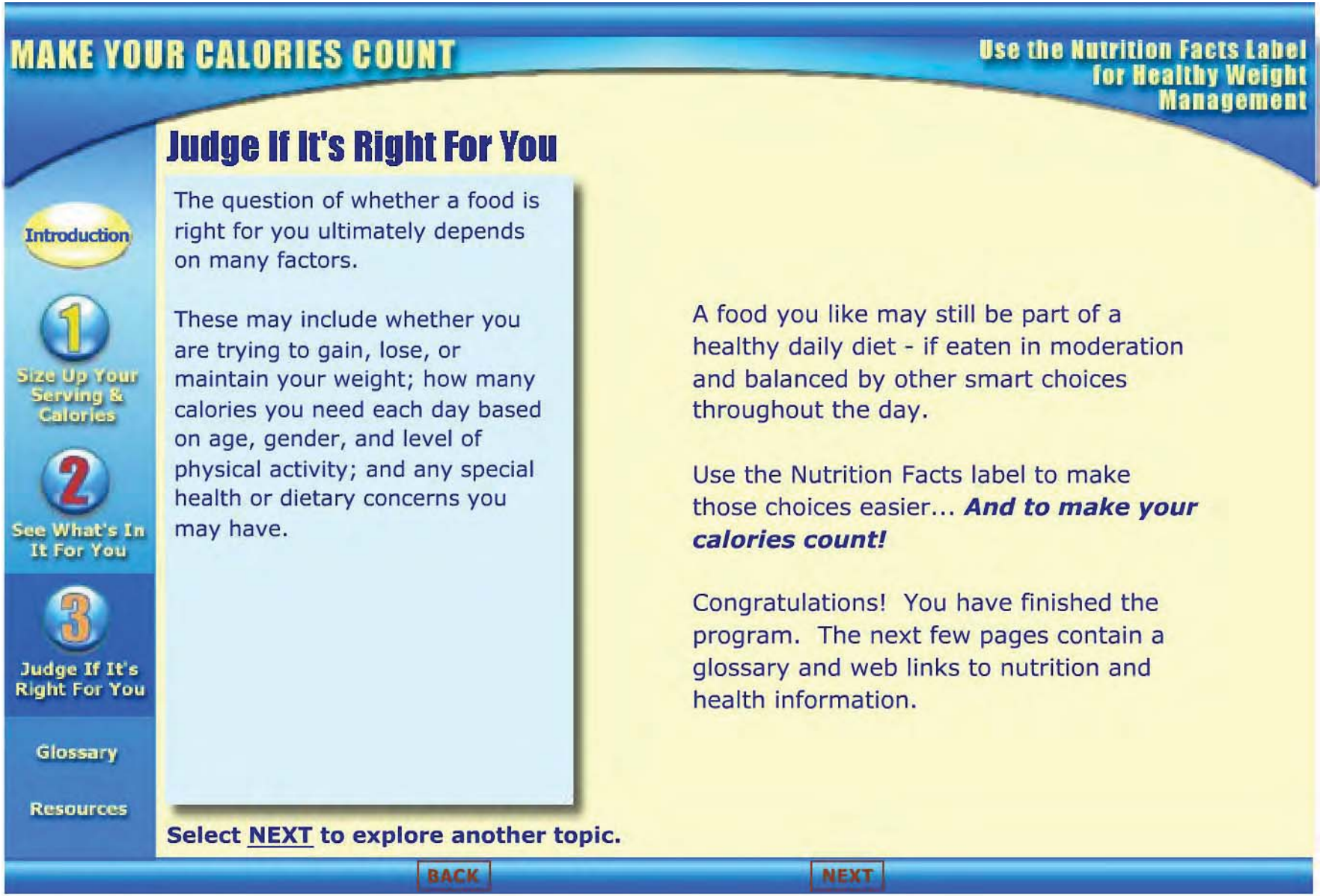
Country Meatloaf
New Orleans Chili
Calories higher lower
Saturated Fat higher lower
Sodium higher lower
Fiber lower higher
Calcium lower higher
Nutrition Facts
Serving Size 1 package (279g)
Servings Per Container 1
Calories 390
Calories from Fat 210
% Daily Value *
Saturated Fat 8g 38 %
Cholesterol 80mg 26 %
Sodium 910mg 38 %
Dietary Fiber 3g 11 %
Sugars 2g
Protein 20g
Vitamin A 2 %
Vitamin C 2 %
Calcium 4 %
Iron 15 %
Nutrition Facts
Serving Size 1 package (283g)
Servings Per Container 1
Calories 210
Calories from Fat 60
% Daily Value *
Saturated Fat 2g 8 %
Cholesterol 10mg 3 %
Sodium 460mg 19 %
Dietary Fiber 7g 29 %
Sugars 8g
Protein 8g
Vitamin A 45 %
Vitamin C 15 %
Calcium 10 %
Iron 10 %
A
Hide Labels
B
Select NEXT to continue.
BACK
NEXT


MAKE YOUR CALORIES COUNT
Use the Nutrition Facts Label for Healthy Weight Management
Judge If It's Right For You
It doesn't have to be difficult to judge if a food is right for you. It's only three steps:
1. Size up your serving
* What is the serving size?
* How many servings are you eating? (1/2, 1, 2 or more?)
* How many calories are listed in a single serving? (is it high or low in calories)
* How many calories are in the amount you actually eat?
2. See what's in it for you:
Use the Quick Guide to %DV: 5% DV or less is low and 20% DV or more is high.
* Is this a wise food choice in terms of the nutrients you want to get enough of or ones you want to limit?
3. Judge if it's right for you
* Is this a wise food choice in terms of calories? (Remember that 400 calories/serving or more is high)
* Is it a wise choice in terms of nutrients?
* Is this a wise choice for a single food; a snack; a meal?
* Should you look for an alternative?
Select NEXT to continue.
Introduction
1
Size Up Your Serving & Calories
2
See What's In It For You
3
Judge If It's Right For You
Glossary
Resources
BACK
NEXT


MAKE YOUR CALORIES COUNT
Use the Nutrition Facts Label for Healthy Weight Management
Judge If It's Right For You
Introduction
1
Size Up Your Serving & Calories
2
See What's In It For You
3
Judge If It's Right For You
Glossary
Resources
The question of whether a food is right for you ultimately depends on many factors.
These may include whether you are trying to gain, lose, or maintain your weight; how many calories you need each day based on age, gender, and level of physical activity; and any special health or dietary concerns you may have.
A food you like may still be part of a healthy daily diet - if eaten in moderation and balanced by other smart choices throughout the day.
Use the Nutrition Facts label to make those choices easier... And to make your calories count!
Congratulations! You have finished the program. The next few pages contain a glossary and web links to nutrition and health information.
Select NEXT to explore another topic.
BACK
NEXT