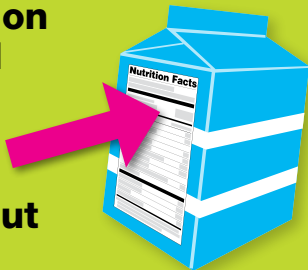


The Nutrition Facts Label

Look for It and Use It!

Information you need to make healthy choices throughout your day



Found on food and beverage packages



Use it to compare and choose foods!



Check the serving size and servings per container. The nutrition information listed on the Nutrition Facts label is usually based on one serving of the food.

Packages can—and often do—contain more than one serving! If you eat multiple servings, you're getting "multiples" on calories and nutrients, too.

2SERVINGS=CALORIES&NUTRIENTSEX2

Calories from food provide the energy your body needs to function and grow. **Balance the number of calories you eat and drink with the number of calories you burn during physical activity.** Curious about calorie needs? Check out www.choosemyplate.gov/MyPlatePlan.



TIP: 100 calories per serving of an individual food is considered a **moderate** amount and **400 calories** or more per serving of an individual food is considered **high** in calories.

Size up Servings

Consider the Calories

Nutrition Facts	
4 servings per container	
Serving size 1 1/2 cup (208g)	
Amount per serving	
Calories	240
% Daily Value*	
Total Fat 4g	5%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 430mg	19%
Total Carbohydrate 46g	17%
Dietary Fiber 7g	25%
Total Sugars 4g	
Includes 2g Added Sugars	4%
Protein 11g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 6mg	35%
Potassium 240mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Use %DV

% Daily Value (%DV) is the percentage of the Daily Value (reference amounts of nutrients to consume or not to exceed each day for adults and children 4 years of age and older) and shows how much a nutrient in a serving of the food contributes to a total daily diet. **Use %DV to see how a food's nutrients stack up and choose foods that are higher in nutrients to get more of and lower in nutrients to get less of.**

TIP: 5% DV or less per serving is **low** and **20% DV** or more per serving is **high**

Choose Nutrients Wisely

Nutrients To Get More Of

Compare and choose foods to get **100% DV** of these on most days:

- Dietary Fiber
- Iron
- Vitamin D
- Potassium
- Calcium

Nutrients To Get Less Of

Compare and choose foods to get **less than 100% DV** of these each day:

- Saturated Fat
- Sodium
- Added Sugars
- Trans Fat (Note: Trans fat has no %DV, so use grams as a guide)

Eat a variety of foods to get the nutrients your body needs, including:

- Fruits and vegetables
- Lean meats and poultry
- Beans and peas
- Whole grains
- Eggs
- Soy products
- Dairy products
- Seafood
- Unsalted nuts and seeds

Nutrition Facts
Read the Label

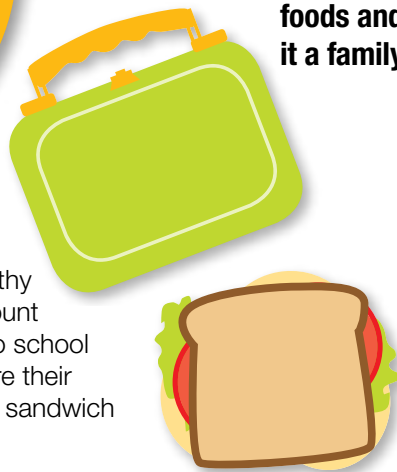
Revised: October 2018

www.fda.gov/nutritioneducation



Read the Label When Packing Lunch

Challenge your children to pack a healthy 600-calorie lunch (or other calorie amount appropriate for your children) to take to school or enjoy at home. Siblings can compare their lunch choices! Remind them to tally all sandwich ingredients, including condiments.



Family Handout

Lunchtime is a great time to Read the Label. Remind your children to look for the Nutrition Facts label on packaged foods and beverages in the school cafeteria ... and make it a family habit when packing lunches.

Tips for Building Tasty, Healthful Lunches

- Sandwiches can vary in shape and size—so don't limit lunches to traditional breads. Try whole grain tortillas, pitas, and English muffins that are higher in dietary fiber, a nutrient to get more of.
- Spreads and dressings count in the overall calorie tally. Read the Label on the spreads and dressings that your family uses on sandwiches. You and your children may be in for a surprise! Try spreads lower in saturated fat, a nutrient to get less of, such as mustard or hummus instead of mayonnaise.
- Fill your sandwich with lots of tasty "extras" full of nutrients to get more of, such as leafy greens, cucumber and tomato slices, avocados, and colorful chopped red, green, and yellow peppers.
- For snacks that contain more than one serving per package, have your children measure out a single serving according to the label.
- Don't forget to Read the Label on snack bars. These lunch box additions are easy and "packable," but many of them are more like a dessert. Look for snack bars that are closer to 100 calories per serving and are lower in nutrients to get less of, like added sugars and saturated fat.

Lunch Ingredient/Item

Calories

Total	

Recap Questions:

1. What did you like the best about this activity?
2. What did your child say about this activity?
3. What do you think your child learned?

Nutrition Facts

Read the Label

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Make Smart Choices!

Nutrition Label Word Search

All the words hidden below can be found on the **Nutrition Facts** label.

Find them here first ... then use them when comparing and choosing snacks!

- ☐ added sugars
- ☐ calcium
- ☐ calories
- ☐ cholesterol
- ☐ dietary fiber
- ☐ iron
- ☐ nutrition facts
- ☐ percent daily value
- ☐ potassium
- ☐ protein
- ☐ saturated fat
- ☐ serving size
- ☐ servings per container
- ☐ sodium
- ☐ total carbohydrate
- ☐ total fat
- ☐ total sugars
- ☐ trans fat
- ☐ vitamin D



K T U Z L K T H N P M G E C I E H O M I A D U F
 Z X I D J H Q R K T P C Q C Y M T T I J H B R K
 Y M C C S F R D C Z C B U G L T O M W W A P S U
 E U N A F E U C I Q F E S R G J T U B P W E O C
 E U C L L C R M H I F B P V L T A O O Q F R D C
 L H T O N C O V S O D K B B C C L X U K K C I L
 O A O R U G I V I L L J Y U E L S N M B M E U Q
 A X W I T U P U L N Q E L P J X U Q K X B N M E
 C X E E R O O Q M E G I S U C B G A D Q G T O N
 I I D S I F T Z I T P S Z T L R A Q A V P D Y C
 Q D X E T V A A T R V R P E E P R Q Y Q B A Y F
 I C U S I T S V L X O B O E Q R S R O G K I R K
 A I X E O U S A G C O N J T R P O Y W V Q L N G
 R C E R N I I D D R A B N U E C J L K R U Y D U
 R K A V F Y U S A D C R F O D I O Z H U Y V D P
 Q X L I A M M U Y L E V B N R I N N J U Y A A F
 X R K N C Y F G X G D D I O N V T F T A Q L Z I
 Z M A G T Y D K T P H M S N H A J O U A M U F D
 H W T S S Q Q F N Z A Y I U F Y N C T N I E M N
 N V G I F P A B V T N X E S G D D U S A N N V W
 Y N B Z J L F G I J A L N C U A X R T N L F E S
 Z P J E Q L I V V C V A Q M N O R Q A O A F N R
 F O J S K O O O K D R Q H E F X I S I T J H A G
 L B A Y B C I S A T U R A T E D F A T R E Q Z T
 P S B G V E K J L D I E T A R Y F I B E R R U I

No Searching Required!

It's easy to use the **Nutrition Facts** label. Here are some quick tips for smart choices!

1

Size up Servings

Pay attention to the serving size and the number of servings you eat or drink to discover the total number of calories and nutrients you are consuming.

2

Consider the Calories

When comparing foods, follow this guide: 100 calories per serving of an individual food is considered a moderate amount and 400 calories or more per serving of an individual food is considered high in calories.

3

Choose Nutrients Wisely

Use % Daily Value (%DV) to see if a serving of the food is high or low in an individual nutrient. When comparing foods, follow this guide: 5% DV or less of a nutrient per serving is considered low and 20% DV or more of a nutrient per serving is considered high.

Nutrition Facts

Read the Label



Food Label Math Fun

Size Up Your Servings and Serving Size

Serving Sizes help us make smart choices. Let's look at the food label example on this page.

If a package has 2 servings in one box.

The serving size says 1 cup.

If you ate the whole package, you would have eaten 2 servings or 2 cups.

Now look at the calories for one serving. Let's say it is 250 calories.

if you eat the whole package you will have eaten 500 calories!

2 serving X 250 calories = 500 calories.

Those calories really add up if you eat more than one serving. So always check the label so you can make a healthy decision.

Nutrition Facts	
Serving Size 1 cup (228g)	
Servings Per Container 2	
Amount per serving	
Calories 250	Calories From Fat 110

Take a food label and practice!

Step 1: Look at the Servings Information:

How many servings on the package? _____

What is the serving size? _____

If you ate the whole package, how many servings would you have eaten?

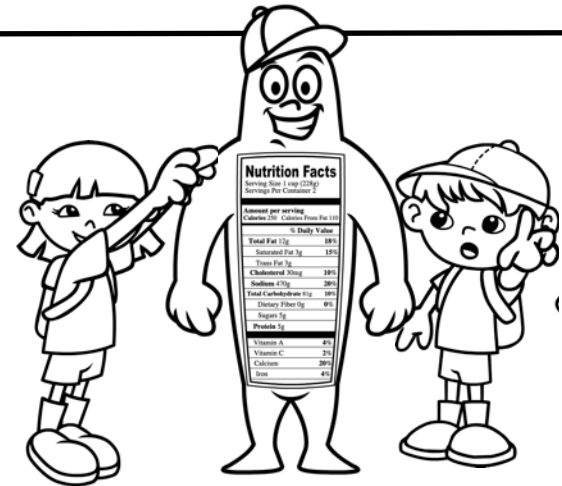
serving size _____ x number of servings in package _____ = _____

Step 2: Look at the Calorie Information:

What is the Calories for one serving? _____

If you ate the whole package, how many calories would you have eaten?

calories _____ x number of servings in package _____ = _____ total calories



Food Label Math Fun

Size Up Your Servings and Serving Size

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Serving Size 1 cup (228g)	
Servings Per Container 2	
Amount per serving	
Calories 250	Calories From Fat 110

Take a food label and practice!

Step 1: Look at the Servings Information:

How many servings on the package? 2

What is the serving size? 1 cup

If you ate the whole package, how many servings would you have eaten?

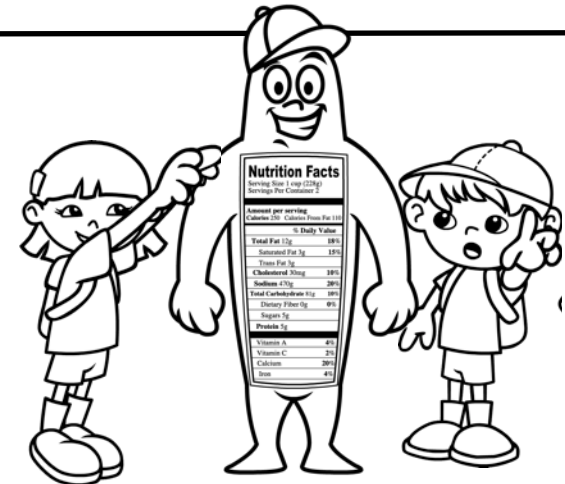
serving size 1 cup x number of servings in package 2 = 2 cups

Step 2: Look at the Calorie Information:

What is the Calories for one serving? 250

If you ate the whole package, how many calories would you have eaten?

calories 250 x number of servings in package 2 = 500 total calories




Morning Math - Calorie Count



Find the calories for each breakfast item. Add up the total to see how many calories in these breakfast meals.

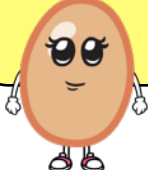

Food	Amount	Calories
Bacon	2 slices	92
Brown rice	1/2 cup	108
Carrots	1/2 cup	26
Corn tortilla	1	52
Egg	2	204
Grape Juice	6 oz	127
1% Milk	1 cup	105
Oatmeal	1/2 cup	83
Pancakes	2 medium	350
Strawberries	1/2 cup	30
Sautéed Vegetables	1/2 cup	25
Omelet	2 eggs	320
Whole grain toast	1 slice	75

Vegetables _____ 


Egg _____

1% Milk _____ +

Toast _____


 = _____ 

Oatmeal _____

Strawberries _____ 

Carrots _____ +

Toast _____




= _____ 

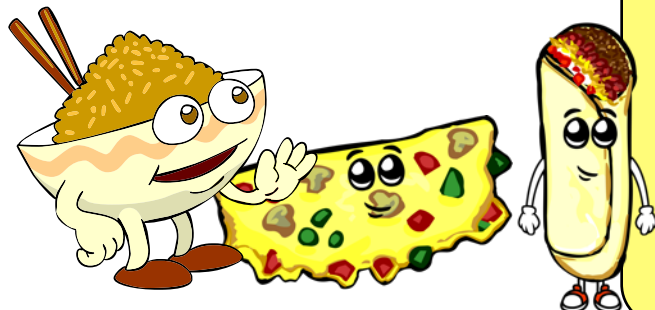
Pancakes _____

Bacon _____ +

Grape Juice _____

Milk _____

= _____   



Brown rice _____

Omelet _____

Corn tortilla _____ +

Grape juice _____


= _____

Morning Math - Calorie Count




Enter the calories for each breakfast item. Add up the total to see how many calories in these breakfast meals.


Food	Amount	Calories
Bacon	2 slices	92
Brown rice	1/2 cup	108
Carrots	1/2 cup	26
Corn tortilla	1	52
Egg	2	204
Grape juice	6 ounces	127
1% Milk	1 cup	105
Oatmeal	1/2 cup	83
Pancakes	2 medium	350
Strawberries	1/2 cup	30
Sautéed Vegetables	1/2 cup	25
Vegetable Omelet	2 eggs	320
Whole wheat toast	1 slice	75


Vegetables 25 

Eggs 204


1% Milk 105 + 

Toast 75


= 409 

Oatmeal 83 

Strawberries 30

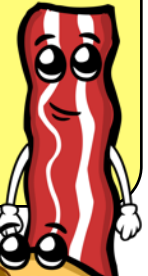
Carrots 26 + 

Toast 75



= 214 

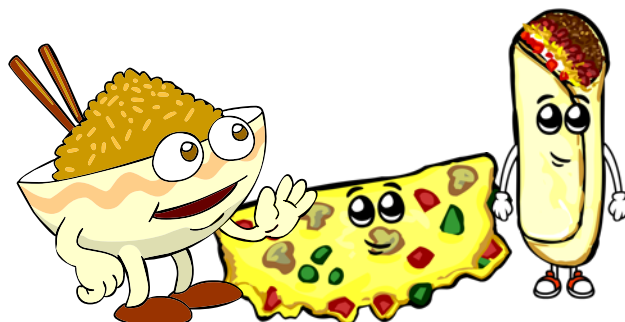
Pancakes 350

Bacon 92

Grape juice 127 + 

Milk 105

= 674  



Brown Rice 108

Veggie omelet 320

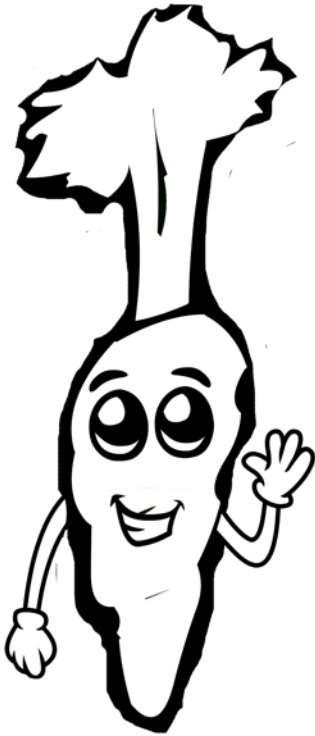
Corn tortilla 52 +

Grape juice 127

= 607

Yellow and Orange Fruits and Vegetables

Orange and Yellow Fruits and Vegetables give you lots of vitamin A
Oops, one vegetable that is full of vitamin A but he is not orange has snuck in!
Can you find him?



Hi! I am a Carrot!
I help you see at night!



Hi! I am a Sweet Potato!
I taste sweet to eat!



Hi! I am a mighty Broccoli.
Eat me to be strong like a tree!



Hi! I am a Pumpkin!
I'm a Halloween favorite!



Hi! I am a Banana Squash!
I help you fight infections!

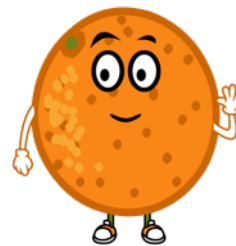
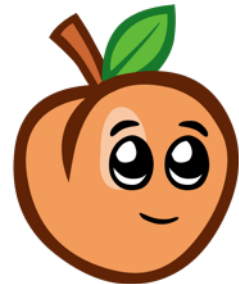
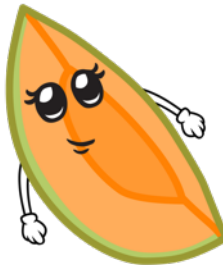
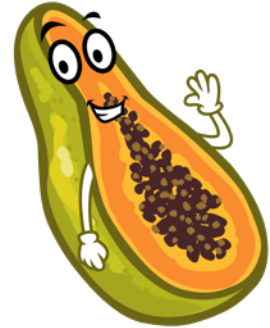
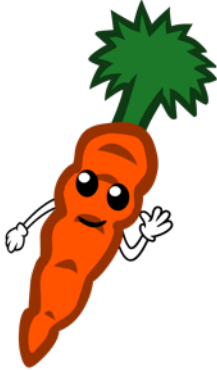


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Name the Orange Foods

Find the correct name for the orange foods.



Papaya

Squash

Yam

Word Bank:

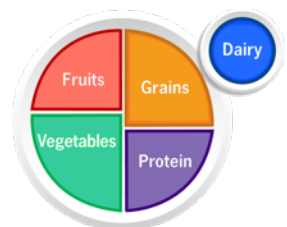
Cantaloupe

Carrots

Pumpkin

Peach

Orange

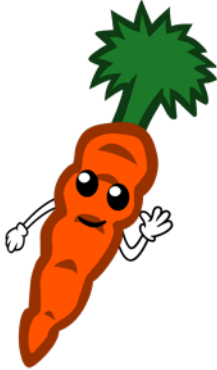


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Name the Orange Foods

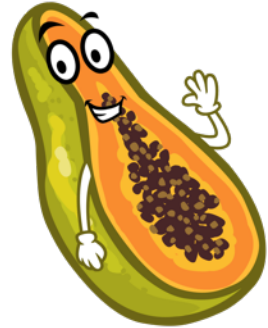
Find the correct name for the orange foods.



Carrot



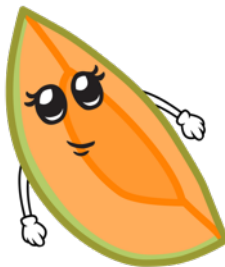
Pumpkin



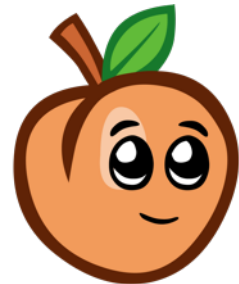
Papaya



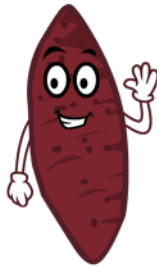
Squash



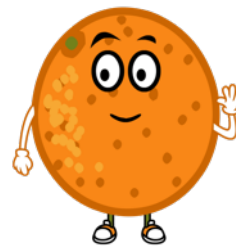
Cantaloupe



Peach



Yam



Orange

Word Bank:

Papaya

Cantaloupe

Peach

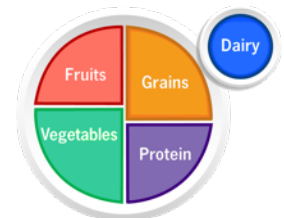
Squash

Carrots

Orange

Yam

Pumpkin



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Lesson 2

What Do We Need?

Activity

3

Color in the plate for each food group you see.

What food group is missing?

