

Getting to know the Nutrition Facts label

Look at serving sizes and **check** the calories per serving size. This can help you estimate how many calories you consume.



Avoid:

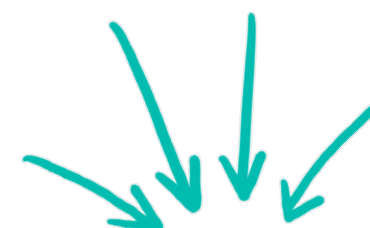
- Saturated fat
- Trans Fat
- Added sugars

Eating too much of these can increase risks for disease.

Nutrition Facts	
24 servings per container	
Serving size	1 cookie (30g)
Amount per serving	
Calories	160
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 5g	24%
Trans Fat 0g	
Cholesterol 30mg	9%
Sodium 75mg	3%
Total Carbohydrate 20g	7%
Dietary Fiber 0g	1%
Total Sugars 9g	
Includes 9g Added Sugars	19%
Protein 2g	4%
Vitamin D 0mcg 0%	
Calcium 20mg 2%	
Iron 0mg 4%	
Potassium 20mg 0%	

* 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.

4 Watch out for sodium!
Try to avoid foods >5%



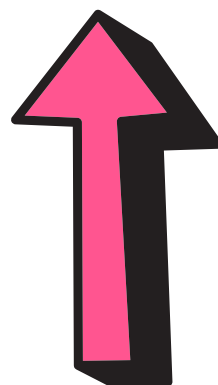
Get more of these:

- Fiber
- Vitamin D
- Calcium
- Iron
- Potassium

Look for 10% or higher

% Daily Value:

The % helps us determine how much a certain nutrient is in a particular food item in comparison to our recommended total daily intake.



A DV 20% or higher is high
Ideal for fiber & vitamins!



A DV 5% or less is low
Ideal for total fat & added sugars!

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Limit/Avoid excess:

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- Trans Fat
- Sodium
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Macronutrient balance:

- Total Fat
- Total Carbohydrates
- Protein

A balanced diet incorporates all 3 macronutrients; each one provides unique nutrients & together can help make a filling meal/snack.

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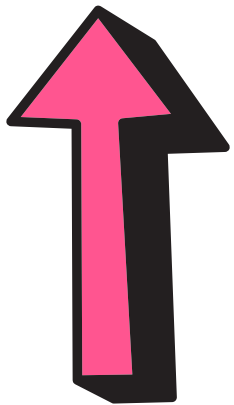
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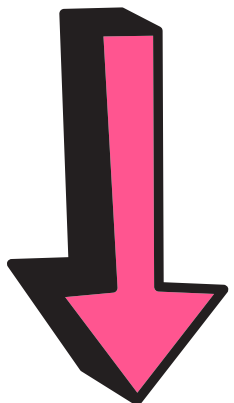
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