

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:

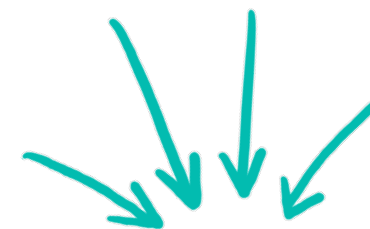
- Saturated fat
- Trans Fat
- Added sugars

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%



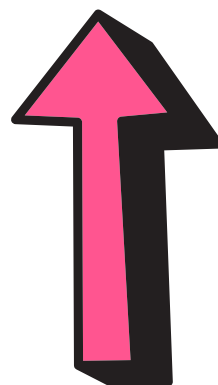
Get more of these:

- 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!