

# Read It Before You Eat It!

How many times do you shop for groceries with your parents and want to buy something that is not on their list? When you pick something from the shelf, do you ever read the Nutrition Facts label? Do you care if the food you eat is good for you? If you want to stay healthy and do well in school and sports, have strong bones and muscles, then you might want to look further!

Do you know what the Nutrition Facts label is? If you do, you are one step ahead! If you don't, let's learn together! Grocery stores sell hundreds of foods. Sometimes shopping seems overwhelming! Reading labels can help you decide which food to buy.

The label tells you the number of calories in one serving of food, but the package may have more than one serving. The label tells you how many servings are in the package. This is important. You need to know how much you should eat for one serving.

### What else can you find on the food label?

- A list with the important nutrients: fat, carbohydrates and protein.
- Information about sodium and cholesterol: A diet high in sodium and cholesterol may be a risk factor for high blood pressure and heart disease.
- Information about vitamins and minerals, like vitamin A, vitamin C, calcium and iron.

## Nutrition Facts

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

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**Amount Per Serving**

**Calories 260**    **Calories from Fat 120**

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**%Daily Value\***

<b>Total Fat 13g</b>	<b>20%</b>
Saturated Fat 5g	25%
<b>Cholesterol 30mg</b>	<b>10%</b>
<b>Sodium 660mg</b>	<b>28%</b>
<b>Total Carbohydrate 31g</b>	<b>10%</b>
Dietary Fiber 0g	0%
Sugars 5g	
<b>Protein 5g</b>	

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Vitamin A 4%	• Vitamin C 2%	
Calcium 15%	• Iron 4%	

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	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

Total fat, cholesterol, sodium and fiber are listed in grams and also as a percent (%) of the Daily Value (DV). Use the % DV to determine if a serving of food is low or high in nutrients. There is something called the “5/20 rule.” If a food has 5% or less of a nutrient, it is considered low in that nutrient. If it contains 20% or more of a nutrient, it is considered high. The same rule applies to the vitamins and minerals listed on the label. For vitamins, minerals and fiber, choose foods with 20% or more per serving. For fat, saturated fat, cholesterol and sodium, choose foods with 5% or less per serving.

Next time your mom lets you pick a food, check out the Nutrition Facts label! See if the food meets the 5/20 rule. If it doesn't, you may want to choose something healthier. So, *Read It Before You Eat It!*

**Resources:**

1. Nibbles for Health #4: *Healthful Eating...Food Labels Help!*, USDA, FNS
2. EFNEP Youth fact sheet: *Check Out the Nutrition Facts Label*

**AMERICA'S CHOICE** ★ **LOWFAT MILK** GRADE A • PASTEURIZED • HOMOGENIZED • *HEALTHY & D*  
 ★ **1% MILKFAT**

Nutrition Facts		* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Serving Size 1 cup (240 mL)		Calories: 2,000 2,500	
Servings Per Container 16			
Amount Per Serving		Total Fat	Less than 65g 80g
<b>Calories</b> 100 <b>Calories from Fat</b> 25		Sat Fat	Less than 20g 25g
% Daily Value*		Cholesterol	Less than 300mg 300mg
<b>Total Fat</b> 2.5g	<b>4%</b>	Sodium	Less than 2,400mg 2,400mg
Saturated Fat 1.5g	<b>8%</b>	Total Carbohydrate	300g 375g
<b>Cholesterol</b> 10mg	<b>3%</b>	Dietary Fiber	25g 30g
<b>Sodium</b> 125mg	<b>5%</b>	<b>INGREDIENTS: LOWFAT MILK, VITAMIN A PALMITATE AND VITAMIN D3.</b>	
<b>Total Carbohydrate</b> 12g	<b>4%</b>	 7 54807 03010 3	
Dietary Fiber 0g	<b>0%</b>		
Sugars 11g		1 GAL (3.78L)	
<b>Protein</b> 8g		SELL BY: 17-1 APR 26	
Vitamin A 10% • Vitamin C 4% • Calcium 30%		DISTRIBUTED BY COMPASS FOODS, MONTVALE, NJ 07645	
Iron 0% • Vitamin D 25% • Phosphorus 20%		PROCESSED AT PLANT STAMPED	
		<b>KEEP REFRIGERATED</b>	

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To find out more, contact your parish agent.