

HEY, KIDS!

Check the Label!

Many foods in the grocery store have Nutrition Facts labels. These labels tell you what is in the food you are eating.

Knowing how to read food labels will help you make good choices.



The Main Parts of a Label

- **Serving Size**

- shows you how much of the food counts as one serving

- **Calories**

- fuels your body

- **Fat**

- helps your body use vitamins

- **Sugars**

- gives you a quick energy boost, but doesn't help your body grow

- **Protein**

- builds strong muscles.



Flip the page over to practice reading a label!

This is a label for graham crackers. This is one serving!

Nutrition Facts

about 13 servings per container

Serving size 8 crackers (31g)
[1 serving = 2 full cracker sheets]

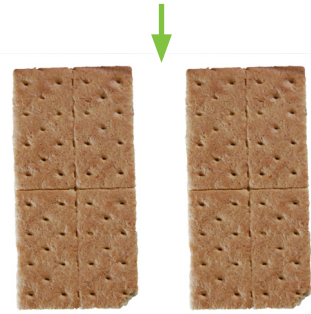
Amount per serving

Calories 120

% Daily Value*

Total Fat 2g	3%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Polyunsaturated Fat 0.5g	
Monounsaturated Fat 1 g	
Cholesterol 0mg	0%
Sodium 150mg	7%
Total Carbohydrate 25g	9%
Dietary Fiber 1g	4%
Total Sugars 8g	
Includes 8g Added Sugars	16%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 16mg	0%
Iron 1mg	6%
Potassium 55mg	0%

*The % Daily Value 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.



Calories

Calories give your body energy to ride your bike and walk your dog. If you have four full graham cracker sheets, that's two servings. You do the math!

Fat

Your body needs some fat to grow, but it needs the right kind of fat. This graham cracker is a good choice because it is low in saturated fat and trans fat, two types of "bad" fats. "Good" fats are found in nuts, olive oil and fruits like avocados. Try to eat more of these "good" fats.

Sugars

Added sugars are found in things that taste sweet like pop, candy and ice cream. Sugars can also be found naturally in fruits and milk. Try to choose foods and drinks that have less added sugar.

Protein

Your muscles need protein to grow big and strong. Graham crackers do not have very much protein, but foods like beans (such as black, navy, pinto), beef and yogurt do.