

Calcium

Main nutrient from the Milk & Milk Products food group that builds strong bones and teeth.

Calorie

A measure of the amount of energy provided by a food.

Grams

A way of measuring weight. The nutrient content of foods is often shown in gram measures.

**Nutrition facts
food label**

A table printed on the outside of food packages that tells about the calorie and nutrient content of the food inside.

**Servings per
container**

The number of the right-size servings contained in the package. Many times, there is more than one serving per container.

Serving size

The right amount of a given food to eat at a meal or snack.