



In class your child is learning about nutrients and where to find these nutrients on the Nutrition Facts label. The Nutrition Facts label is a tool to help make decisions about the foods and beverages chosen for a snack or meal.

1

Check the serving size

The label shows you the amount in a serving, not the whole package.

3

Watch out for added sugars

Choose foods with more nutrients and fewer added sugars.

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160 mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

*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.

2

Consider the calories

To find out what your target calories per day are, visit choosemyplate.gov/myplate-plan-calculator.

4

Make nutritious choices

Calcium builds strong bones.

Potassium helps lower blood pressure.

Fiber helps you stay full.

Student, ask each member of your family to look in your refrigerator or pantry for snack foods that have the Nutrition Facts label. Challenge everyone to guess which foods are **high** or **low** in key nutrients: fiber, protein, vitamin D, calcium, iron, and potassium.

Tip: To determine if a nutrient is *high* or *low* on a label, use the 5/20 Rule—5 percent Daily Value (DV) or less is *low*; 20 percent DV or more is *high*.

Make a family list of snack foods that are high in nutrients. (*If you need ideas, go to HealthyEating.org/Snacks*.) Share this list with your class.

For more information about the Nutrition Facts label, go to Healthyeating.org/Blog/Article/3313