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### Everything You Eat and Drink Matters — Know What You're Eating!

**Food labels** tell you the nutritional content of a food item. You can compare two different items by using the **Nutrition Facts Label** to choose the healthier option.

The **saturated fat**, **sodium**, and **added sugars** found in foods and beverages are important for you to think about as you build your healthy eating style. Saturated

fat and sodium are sometimes found naturally in foods and beverages. Sugars, sodium, and ingredients high in saturated fat can also be added during processing or preparing foods and beverages.

> Building a healthier eating style can help you avoid overweight and obesity and reduce your risk of diseases such as heart disease, diabetes, and cancer.

## PREVIEW

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TOTING

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sources (rat, carbonydrate, protein, and alcohol) in one serving of the food.

### Nutrients The Nutrition Facts Label can help

you learn about and compare the nutrient content of many foods in your diet. The Nutrition Facts Label must list: total fat, saturated fat, trans fat, cholesterol, sodium, total carbohydrate, dietary fiber, sugars, protein, vitamin A, vitamin C, calcium, and iron.

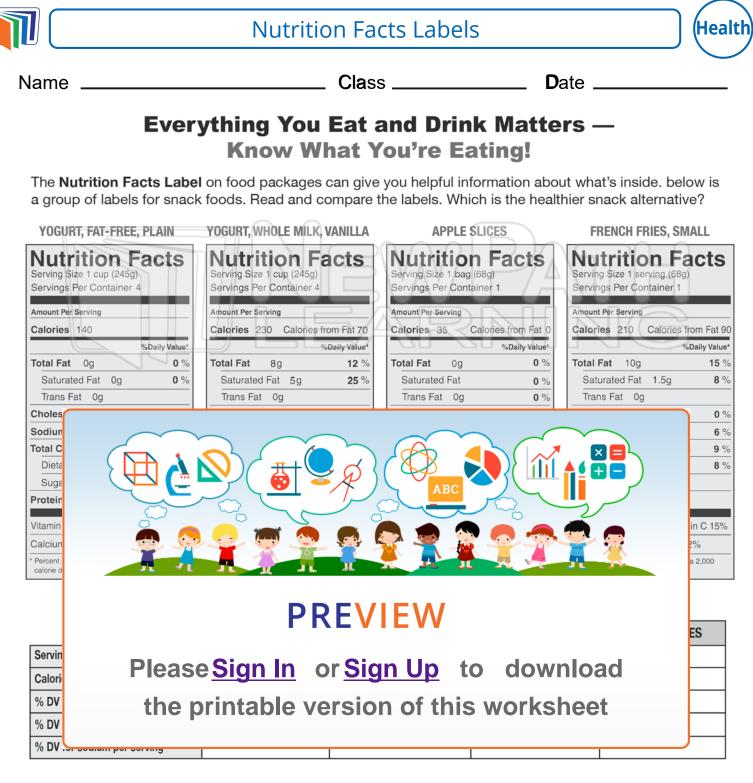
Sodium 125mg		<b>5</b> %
Total Carbohydrate	12g	4 %
Dietary Fiber 0g	$\sim$	<b>0</b> %
Sugars 11g	U A V	$\square$
Protein 8g	Y A Y	$\square$
Vitamin A 10% •	Vitamin C	4%
Calcium 30%	Iron 0%	$\leq$
* Percent Daily Values are ba calorie diet.	ased on a 2,0	00

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#### % Daily Value

The % Daily Value (%DV) shows how much of a nutrient is in one serving of the food. The %DV column doesn't add up vertically to 100%. Instead, the %DV is the percentage of the Daily Value (the amounts of key nutrients recommended per day for Americans 4 years of age and older) for each nutrient in one serving of the food.

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Which snack food has the most calcium with the lowest amount of calories?

Which snack food is the lowest in sodium (salt)?

Which snack foods are the lowest in saturated fats?

Which snack foods are healthier alternatives?

Explain how you came to your conclusion. Were any of your results surprising?



### **Nutrition Facts Labels**

Health

Name

\_\_\_\_\_ Class \_\_\_\_\_

**D**ate \_\_\_\_\_

Read the food labels. Based on the information shown, try to **match the labels** to each **food item** below. How did you make your decisions?



Answers: 1 - peanut butter, 2 - peaches, 3 - pasta with sauce



### **Nutrition Facts Labels**



