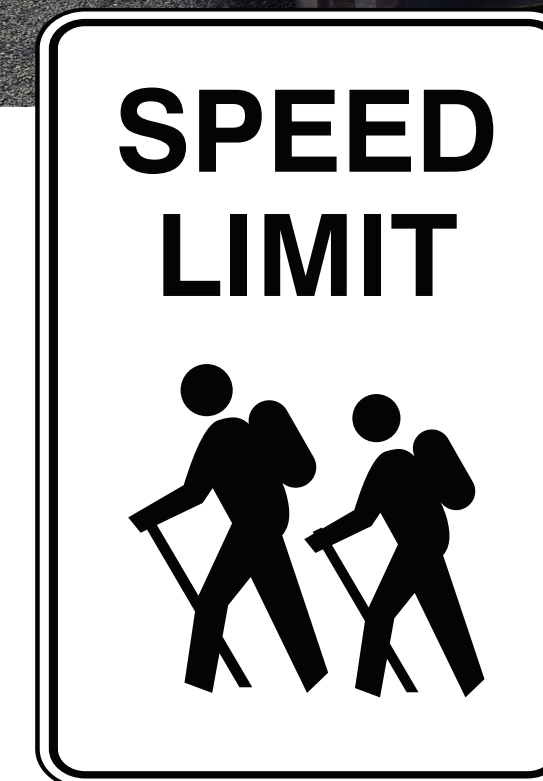


Learn About Labels



Imagine you are driving down the road, and you see these signs. What do you think they mean?





Just like roads have signs, so do foods!



Label Lingo

Nutritious snacks and drinks will provide you with fuel to power your body and brain.

Look at a label to know what you are eating and drinking.



Label Lingo

When making food and drink choices, the lower the amount of sugar, the better!

There are about 4 grams of sugar in 1 teaspoon.



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 160mg **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.

Snacks and drinks without added sugars give you a bonus!

They are full of other nutrients like fiber, protein, vitamins, and minerals.



Nutrition Facts	
5 servings per container	
Serving size	(85g)
Amount Per Serving	
Calories	30
Total Fat 0g	% Daily Value*
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 65mg	0%
Total Carbohydrate 7g	3%
Dietary Fiber 3g	3%
Total Sugars 4g	11%
Includes 0g Added Sugars	0%
Protein 1g	2%

Not a significant source of vitamin D, calcium, iron, and potassium

*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.



WHAT SIGNS ARE ON YOUR SNACKS AND DRINKS THAT TELL YOU ABOUT THE SUGAR INSIDE?

Sugar Detective

Look at a nutrition label and find the sugar line.

1. Line up by the total grams of sugar.

2. Next, line up by the total grams of added sugar.



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