CHECK THE LABEL

HEALTHY FAMILY HOME
A YMCA Initiative

Nutrition Facts

Serving Size 1 cup (253g)
Servings Per Container 4

Amount Per Serving

Calories 260 Calories from Fat 70

	% Daily Value*
1 ▸ **Total Fat** 8g	13%
Saturated Fat 3g	17%
Trans Fat 3g	
Cholesterol 130mg	44%
2 ▸ **Sodium** 1010mg	42%
3 ▸ **Total Carbohydrate** 22g	7%
Dietary Fiber 9g	36%
Sugars 4g	
4 ▸ **Protein** 25g	

Vitamin A 35% •	Vitamin C 2%
Calcium 6% •	Iron 30%

* Percentage daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

QUICK TIP: For Percentage Daily Value: 5% or less is low, 20% or more is high.

Use this handy shopping list when planning your next grocery trip so that you have a tool to use when checking the nutrition facts labels on the foods you buy.

1 ALL FATS ARE NOT CREATED EQUAL

Fat is an essential part of growing and being healthy, but trans fat is one type of fat found in processed foods that you should avoid entirely. Saturated fat is a second type of problem fat that you can easily eat too much of if you are not careful.

2 THE "SO WHAT?" ABOUT SODIUM

We all need sodium (also known as salt), but the amounts that we need vary by age, and too much salt is a problem for anyone. Pediatricians recommend 1,000 milligrams per day for children ages 4 to 8 and 1,200 milligrams per day for older children.

3 CONFUSING CARBOHYDRATES

When it comes to children between the ages of 5 and 12, approximately one-half of their daily food intake should be made up of carbohydrates. When reading the nutrition facts, be wary of foods with large sugar numbers (anything over 10 grams per serving). Generally speaking, high dietary fiber content is good!

4 POWERFUL PROTEIN

Generally speaking, one-fifth of a child's food choices should be made up of protein. Check out the nutrition facts and discover other great and tasty foods that provide protein. Poultry and fish are excellent sources of protein without all of the unhealthy saturated fats often found in red meats.

For more information visit:
fda.gov/Food/LabelingNutrition/ConsumerInformation/

SHOPPING LIST

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