Show Me Nutrition

Building MyBody

Third-grade nutrition education newsletter

Lesson 5

Reading the Food Label

Using the Nutrition Facts label helps us make healthier food choices. Because there is a lot of information on this label, start by looking at serving size, calories in the food, the amount of selected nutrients in foods such as fat, and vitamins A and C.

What can you do with your child to make healthier food choices? Read the Nutrition Facts label!

- At home or in the grocery store, have your child look at the Nutrition Facts label to figure out how many servings are in a food package.
- Have your child measure out single servings of snacks like crackers and nuts so they become familiar with what a serving size looks like.
- At the grocery store, have your child use the Nutrition Facts label to identify foods that are high in vitamins A and C.
- At the grocery store, have your child use the Nutrition Facts label to choose snacks that are low in fat and sugar.
- Involve family members! Ask them to choose snacks at home and guess which are highest or lowest in vitamins A and C. Show them the Nutrition Facts label so they can see which snacks are high or low in these vitamins.

- At the store, have your child find cereal that is low in sugar. Try the cereal at home!
- At the store, have your child find canned fruit that is low in sugar. Try the low-sugar canned fruit at home!
- At the store, have your child compare serving sizes for nuts and dried fruit.

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Read the Label to Eat Better

Macaroni and Cheese

Serving sizes are in common household measurements, like 1 cup or 1 teaspoon.

% Daily Value shows how a food fits into your daily diet.

Limit these to avoid eating too much calories, fat, saturated fat, trans fat, cholesterol, sodium and sugar.

% Daily Value
Low is 5 percent or less
High is 20 percent or more

Get enough of these nutrients.

Nutrition Facts

Serving Size 1 cup (228g)
Servings Per Container 2

Amount Per Serving	
Calories	250
Calories from Fat	110
	% Daily Value*
Total Fat 12g	15%
Saturated Fat 3g	18%
Trans Fat 1.5g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

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

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20 g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram
Fat 9 • Carbohydrate 4 • Protein 4

Daily values are the amount of a nutrient in one serving of food compared to what is recommended for a 2,000 and 2.500 calorie diet.

The ingredients that weigh the most are first and those that weigh the least are last.

INGREDIENTS: ENRICHED MACARONI (FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN); CHEESE SAUCE MIX (WHEY, DEHYDRATED CHEESE [GRANULAR AND CHEDDAR (MILK, CHEESE CULTURE, SALT, ENZYMES)], WHEY PROTEIN CONCENTRATE, SKIM MILK, BUTTERMILK, SODIUM TRIPOLYPHOSPHATE, CITRIC ACID, YELLOW 5[COLOR], YELLOW6, [COLOR], LACTIC ACID)

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