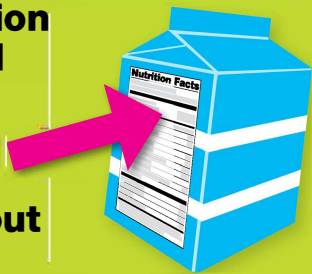


The Nutrition Facts Label

Look for It and Use It!

Information you need to make healthy choices throughout your day



Found on food and beverage packages



Use it to compare and choose foods!



Check the serving size and servings per container. The nutrition information listed on the Nutrition Facts label is usually based on one serving of the food.

Packages can—and often do—contain more than one serving! If you eat multiple servings, you're getting "multiples" on calories and nutrients, too.

2SERVINGS=CALORIES&NUTRIENTSX2

Calories from food provide the energy your body needs to function and grow. **Balance the number of calories you eat and drink with the number of calories you burn during physical activity.** Curious about calorie needs? Check out www.choosemyplate.gov/MyPlatePlan.

The allergen is listed in the ingredient list, sometimes with its common English name in parentheses.

For example: whey (milk).

The allergen is listed right after the ingredients using a "Contains" statement. If the allergen is part of a group, like tree nuts, the label must also name the specific food.

For example: Contains tree nuts (walnut).

Size up Servings

Consider the Calories

Use %DV

% Daily Value (%DV) is the percentage of the Daily Value (reference amounts of nutrients to consume or not to exceed each day for adults and children 4 years of age and older) and shows how much a nutrient in a serving of the food contributes to a total daily diet. **Use %DV to see how a food's nutrients stack up and choose foods that are higher in nutrients to get more of and lower in nutrients to get less of.**

TIP: 5% DV or less per serving is low and 20% DV or more per serving is high

Choose Nutrients Wisely

Nutrients To Get More Of

- Dietary Fiber
- Vitamin D
- Calcium
- Iron
- Potassium

Nutrients To Get Less Of

- Saturated Fat
- Sodium
- Added Sugars
- Trans Fat (Note: Trans fat has no %DV, so use grams as a guide)

Nutrition Facts	
4 servings per container	
Serving size 1 1/2 cup (208g)	
Amount per serving	
Calories	240
	% Daily Value*
Total Fat 4g	5%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 430mg	19%
Total Carbohydrate 46g	17%
Dietary Fiber 7g	25%
Total Sugars 4g	
Includes 2g Added Sugars	4%
Protein 11g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 6mg	35%
Potassium 240mg	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.

INGREDIENTS: Cashews, Almonds, Pistachios, Pecans, Peanut Oil. **CONTAINS:** Cashews, Almonds, Pistachios, Pecans.



FOOD ALLERGY

9 major food allergens **MUST** be listed on the label !!!!

