



# OWNER'S MANUAL

FOR **YOUR** BODY...HOW TO FUEL IT AND MOVE IT FOR A FUN AND HEALTHY LIFE



## Questions

*about balancing the foods you choose?*

*Make sure the Nutrition Facts food label is in your toolbox. Look for it on almost every packaged food item in the grocery store — and frequently on Nutri-Facts posters for fresh foods such as produce, fish and meat.*

## Basic Training: The Nutrition Facts Food Label

Nutrition Facts	
Serving Size 1 cup (228 g)	
Servings Per Container 2	
Amount Per Serving	
<b>Calories</b> 260	Calories from Fat 120
% Daily Value*	
<b>Total Fat</b> 13g	<b>20%</b>
Saturated Fat 5g	<b>25%</b>
<b>Cholesterol</b> 30mg	<b>10%</b>
<b>Sodium</b> 660mg	<b>28%</b>
<b>Total Carbohydrate</b> 31g	<b>10%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 5g	
<b>Protein</b> 5g	
Vitamin A 4%	Vitamin C 2%
Calcium 15%	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:	2000	2500
Total Fat	Less than 65g	80g
Sat Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	Less than 300g	375g
Dietary Fiber	25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

### Serving Size

The serving size for this food is one cup. All the nutrition numbers listed are based on this amount. Compare the serving size to the amount you eat and adjust the numbers as needed. For example, if you ate two cups of this food, you'd double the numbers shown (e.g., 520 calories).

### Servings Per Container

Note carefully! Even small packages sometimes contain more than one serving. This package contains two servings.

### Nutrition Numbers

The label lists the number of Calories and the number of Calories from Fat in one serving. Also listed are the grams of Total Fat, Saturated Fat, Total Carbohydrate, Dietary Fiber, Sugars, Protein and milligrams of Cholesterol and Sodium.

### Percent Daily Values

These percents show how much of each nutrient one serving provides in a 2,000-calorie diet. For the label shown here, one serving of food provides 20% of the Total Fat and 15% of the Calcium recommended for the day.

### Hit Your Targets

For nutrients we sometimes get too much of (Fat, Saturated Fat, Cholesterol and Sodium), your daily goal is to total 100% or less of the Daily Value. For nutrients such as Calcium, Iron, Vitamin A and Vitamin C, your daily goal is to reach 100% of the Daily Value. Reading the label helps you balance out your food choices. For example, you can balance out higher fat foods with lower fat foods so you don't exceed your daily target.