



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	18%
Saturated Fat 3g	6%
Trans Fat 3g	15%
Cholesterol 30mg	10%
Sodium 470mg	20%
Potassium 700mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A	
Vitamin C	4%
Calcium	2%
Iron	20%
	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
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Choose foods low in total fat, saturated fat, *trans* fat, cholesterol, and sodium. Five percent or less is a low amount. Twenty percent is high.

Note the amount suggested as a serving and how many servings are in a package.

Choose foods high in fiber, vitamins, and minerals. Five percent or less is a low amount. Twenty percent is high.

Using Food Labels to Choose Foods

Want More Information? Check out these websites!

- United States Food and Drug Administration
<http://www.fda.gov/Food/IngredientsPackagingLabeling/LabelingNutrition/default.htm>

These resources on weight management might be interesting for adult family members.

- For adults:
Healthy Weight Network: <http://www.healthyweightnetwork.com/>
- Parenting Teens:
<http://parentingteens.about.com/cs/bodyimage/a/bodyimage.htm>
- How to help an Overweight Child:
http://win.niddk.nih.gov/publications/over_child.htm
- National Association of Social Workers for parents:
<http://www.helpstartshere.org/?s=weight+management>
- SAMHSA for parents:
http://www.family.samhsa.gov/be/gnb_image.aspx

Eating in Restaurants

With your family member, visit the websites of your favorite restaurants. Most fast food restaurants have nutrition information posted that will give you the same facts you can get from a food label. Enter the name of your favorite restaurant in your "Search" box and check it out!

These sites offer additional information.

- www.fastfoodnutrition.org
- www.fastfood.com