

EMPOWER YOURSELF WITH HEALTHY EATING

UNDERSTAND THE FOOD LABEL SO YOU KNOW WHAT YOU ARE EATING!

HOW MANY CALORIES ARE YOU GETTING PER SERVING?

GET MORE FIBER!

Aim for **25-35 GRAMS** of fiber per day. Fiber keeps you full longer!

GET ENOUGH VITAMINS AND MINERALS!

- › **5% OR LESS** is too low
- › **20% OR MORE** is good!

This guide provides dietary recommendations for the general population.

Nutrition Facts

Serving Size	1 cup (85g) (3 oz.)	
Servings per container	2.5	
Amount per serving		
Calories	45	Calories from Fat 0
%Daily Value*		
Total Fat	0g	0%
Saturated Fat	0g	0%
Cholesterol	0mg	0%
Sodium	55mg	2%
Total Carbohydrate	10g	3%
Dietary Fiber	3g	12%
Sugars	5g	
Protein	1g	
Vitamin A 380% · Vitamin C 80% · Calcium 2% · Iron 0%		

* 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
Total Carbohydrate		300mg	375mg
Dietary Fiber		25g	20g
Calories per gram: Fat 9 · Carbohydrate 4 · Protein 4			

HOW MANY SERVINGS ARE YOU GETTING?

GET LESS SATURATED FAT!

- › **5% OR LESS** is good!
- › **20% OR MORE** is high for 1 serving

HEALTHY EATING TIPS

- 1 Before you snack or eat, ask yourself if you're really hungry. If you're not, hold off.
- 1 To prevent unhealthy snacking and over-eating, make sure you don't skip meals.
- 1 Fill half of your plate with fruit or vegetables.
- 1 Switch to whole-grain bread, cereal, pasta and rice instead of white bread, white rice, and sugary cereal.
- 1 Try water (eight glasses a day), natural unsweetened tea, or low-fat milk. Cut back on soda, sports drinks, and juice. If you must have juice, have 100% juice and limit to 8-12oz a day.
- 1 Be a mindful eater; take your time and chew your food. It takes about 20 minutes for your stomach to tell your brain that you are full, so wait before taking that second helping.

USE THE % DAILY VALUE (DV) TO SELECT FOODS HIGH IN FIBER, VITAMINS AND MINERALS (CALCIUM AND IRON), AND LOW IN FATS, CHOLESTEROL, AND SODIUM. THE %DVS ARE BASED ON A 2,000 CALORIE DIET.

