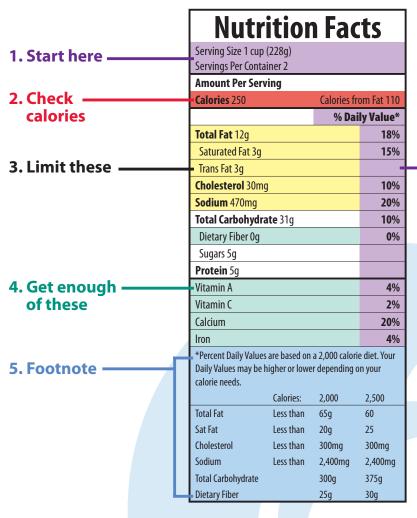
Read the Label



- 6. Quick guide to % Daily Value
 - 5% or less is low
 - 50% or more is high

- All the nutrients listed on the food label relate to one serving of that food item. Pay attention to the serving size. Notice how many servings there are in the food package. Then ask yourself, "How many servings am I eating?" (1/2, 1 or more)
- Calories measure how much energy you get from a serving of food. The number of servings you eat determines the number of calories you actually eat.
- Limit the nutrients in yellow. Eating too much fat, saturated fat, trans fat, cholesterol or sodium may increase your risk for certain chronic diseases.

- Eat lots of the nutrients in green. They can help improve your health and reduce the risk for some diseases and conditions.
- The footnote tells you that the Percent Daily Value (%DV) for the nutrients listed on the food label are based on a 2,000 calorie diet. This does not change from product to product. It is always the same.
- The Percent Daily Value (%DV) tells you if a serving of food is high or low in a nutrient. Generally, a 5% DV is considered low and a 20% or more is high.



