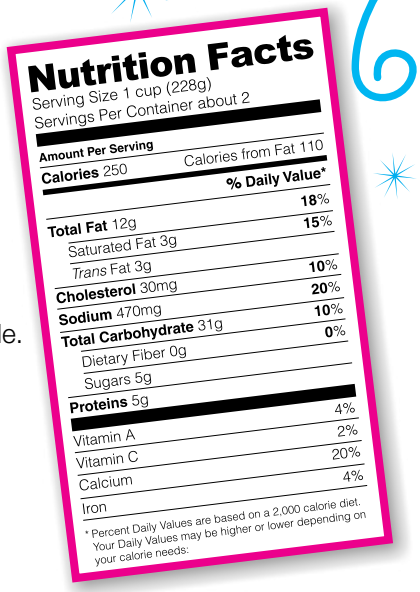
Dishin' the Nutrition



Spot the Block, the food labels provide,
Nutrition facts of what's packed inside.
Before you eat your food or quench your thirst –
You gotta Spot the Block; get your food facts first!
(repeat)

Healthy living starts with the things you put inside of you,
If that's what you decide to do,
This song will help to guide you through.
It's easy — just read the information on the labels
Of the snacks that you pack and the food that's on the table.

It doesn't mater if it's in a bag, can, or a box.
It could be a bag of chips or a box of apricots.
cook it in a skillet, or stir it up in a pot,
No matter if it's cold or hot, the info is inside the block.

At the top inside the block you will spot the serving size.
It tells you how many servings of the food is inside.
What's the total nutrients and calories per package?
It just takes a little practice. "Hey, isn't this what math is?"

[Spoken: Let's see: 2 servings in the package.
200 calories per serving. That's 400 calories!!!]

The amount of calories that you need per day
Depends on things like your height, and how much you weigh.
What does your doctor say? Or find out on your own come on, log on, spot the block.com.

Then we can think about the stuff we eat and drink,
And the toppings that you use
And the nutrients you choose.
Foods that are high in iron and vitamins, fibers and protein
'mmm' so clean!

Choose foods that are low in cholesterol and sodium,
And try to cut back on the sugars and the fats.
It's all inside the block where it says nutrition facts.
Just a little time will make a big impact!

And that is something smart we can learn to do as kids.
Watch our serving size, calories, and nutrients.
Help our parents make good choices about the food we get.
And live a healthy life; it's time to take control of it!

Spot the Block, the food labels provide
Nutrition facts of what's packed inside.
Before you eat your food or quench your thirst –
You gotta Spot the Block, get your food facts first!

Spot the Block, the food labels provide,
Nutrition facts of what's packed inside
You don't need permission, or supervision, for healthy living.
Watch your nutrition!

Nutrition Facts
Read the Label

FDA
www.fda.gov/nutritioneducation