

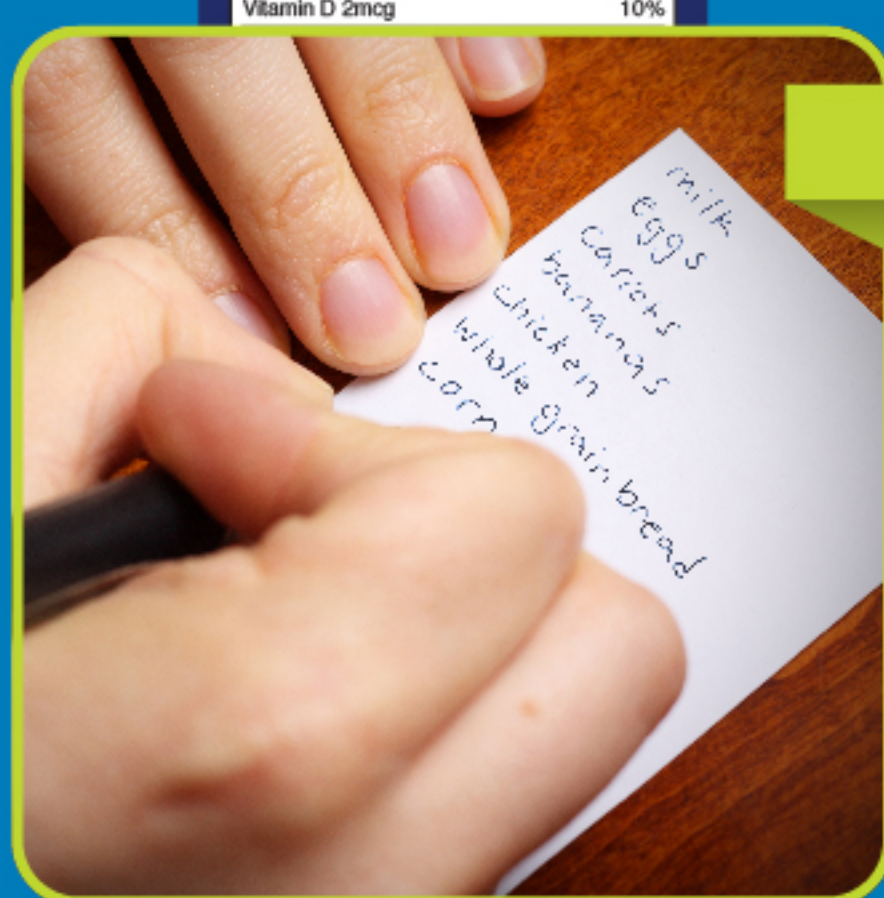
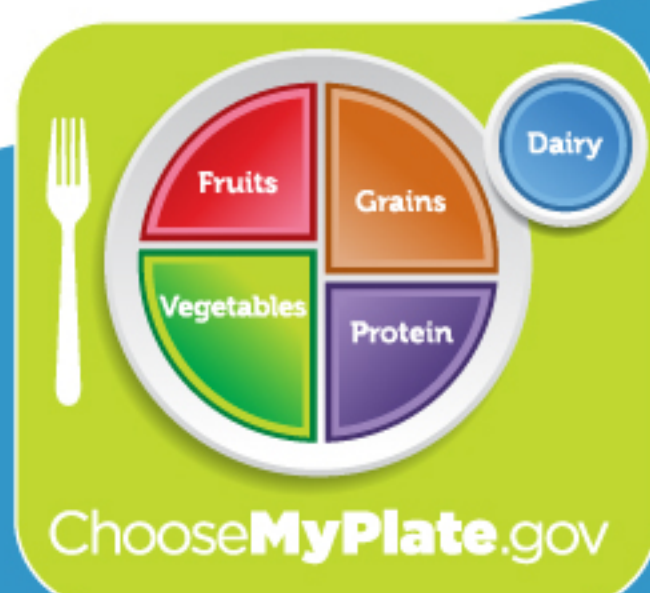


U.S. FOOD & DRUG
ADMINISTRATION

Eat Healthier With These Tools

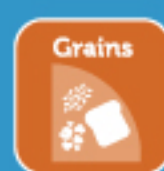
Nutrition Facts

8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%



PLANNING

Plan for the week with USDA's **MyPlate** in mind. Think about how you can cover all of the five food groups. Consider meals you might cook.



SHOPPING

Find the food that's right for you by comparing different items using the **Nutrition Facts label**. Choose items higher in vitamins, minerals, and fiber and lower in saturated fat, sodium, and added sugar.



COOKING

Use **MyPlate** to think about how to make your meal as complete as possible. For example, if you are making pasta, add veggies to your dish and cut up fruit for dessert.

EATING

Look at the **Nutrition Facts label** to track calories and use serving information to help you choose the right portion sizes for you.



Start using the
Nutrition Facts label
and **MyPlate** now!

You may have heard that the Nutrition Facts label is getting an update. The new label is already starting to appear on products nationwide.

For more information visit
www.fda.gov/nutritioneducation
and www.choosemyplate.gov