



Eat Healthier With These Tools

Nutrition Facts	
1 serving per container Serving size 1/2 cup (125g)	
Calories	230
% Daily Value*	
Total Fat	10g
Sodium	150mg
Total Carbohydrate	45g
Dietary Fiber	10g
Sugars	15g
Protein	10g
Vitamin A	10%
Vitamin C	10%
Calcium	10%
Iron	10%



ChooseMyPlate.gov

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