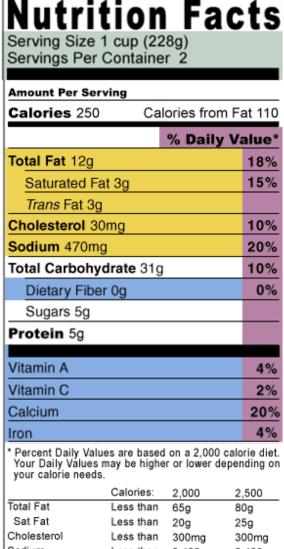
## The Anatomy of Nutrition Labels

When you are shopping at the grocery store, take time to read the nutrition labels on the food you typically buy. Here's a short guide to help you understand what ever

Check calories.

Limit these nutrients.

Get enough of these nutrients!



Pay attention to the serving size, especially how many servings there are in the food package.



- 5% or less is LOW
- 20% or more is HIGH

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	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		300g	375g
Dietary Fiber		25g	30g
	Sat Fat Cholesterol Sodium Total Carbohydrate	Total Fat Less than Sat Fat Less than Cholesterol Less than Sodium Less than Total Carbohydrate	Total Fat         Less than         65g           Sat Fat         Less than         20g           Cholesterol         Less than         300mg           Sodium         Less than         2,400mg           Total Carbohydrate         300g

Sample label of Macaroni & Cheese



Footnote that tells you "%DVs are based on a 2,000 diet".