

GOAL 5

Look at the Nutrition Facts on your food label and select foods that fit the criteria on the front and back of this coupon for:

1. Total Fat
2. Saturated Fat
3. Cholesterol
4. Sodium
5. Sugar
6. Fiber
7. Nutrients

Sample label for
Macaroni & Cheese

① **Start Here** →

② **Check Calories**

③ **Limit these Nutrients**

④ **Get Enough of these Nutrients**

⑤ **Footnote**

Nutrition Facts	
Serving Size 1 cup (228g) Servings Per Container 2	
Amount Per Serving	
Calories 250	Calories from Fat 110
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 3g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	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

GOAL COUPON 5: READ THE NUTRITION FACTS LABEL

1 and 2. All the nutrients on the label are for the listed serving size. If you double the serving size, you also double the calories. Stay within portion sizes on the label.

3. Limit these nutrients - total fat, saturated fat, cholesterol, and sodium.

4. Get enough of these nutrients - Vitamin A, C, Calcium and Iron. Try to get at least 10%-20% or more Daily Value (DV). Also look for 2 grams of fiber or more per serving.

Look on the back of this coupon for more information on quantity recommendations for these nutrients.

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