

## GOAL COUPON 5: READ THE NUTRITION FACTS LABEL

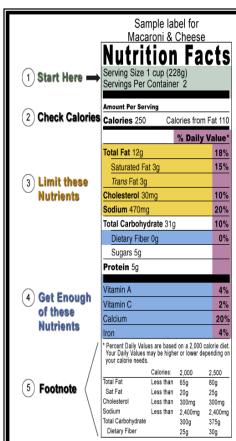
- 1 and 2. All the nutrients on the label are for the listed serving size. If you double the serving size, you also double the calories. Stay within portion sizes on the label.
- 3. Limit these nutrients total fat, saturated fat, cholesterol, and sodium.
- 4. Get enough of these nutrients Vitamin A, 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.

## 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



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