

# HEY, KIDS!

## Check the Label!

Many foods in the grocery store have Nutrition Facts labels. These labels tell you what is in the food you are eating.

Knowing how to read food labels will help you make good choices.



### The Main Parts of a Label

- **Serving Size**

- shows you how much of the food counts as one serving

- **Calories**

- fuels your body

- **Fat**

- helps your body use vitamins

- **Sugars**

- gives you a quick energy boost, but doesn't help your body grow

- **Protein**

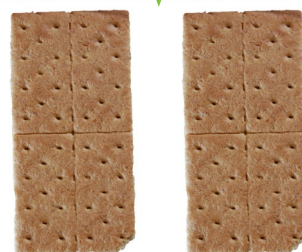
- builds strong muscles.



Flip the page over to practice reading a label!

This is a label for graham crackers. This is one serving!

Nutrition Facts	
Serving Size: 2 full cracker sheets (29 g)	
Amount Per Serving	
<b>Calories</b> 120	Calories from Fat 30
<b>% Daily Value*</b>	
<b>Total Fat</b> 3.5 g	5%
Saturated Fat 1 g	5%
Trans Fat 0 g	
<b>Cholesterol</b> 0 mg	0%
<b>Sodium</b> 160 mg	7%
<b>Total Carbohydrate</b> 22 g	7%
Dietary Fiber less than 1 g	3%
Sugars 7 g	
<b>Protein</b> 2 g	
Vitamin A 0%	
Vitamin C 0%	
Calcium 10%	
Iron 6%	



### Calories

Calories give your body energy to ride your bike and walk your dog. If you have four full graham cracker sheets, that's two servings. You do the math!

### Fat

Your body needs some fat to grow, but it needs the right kind of fat. This graham cracker is a good choice because it is low in saturated fat and trans fat, two types of "bad" fats. "Good" fats are found in nuts, olive oil and fruits like avocados. Try to eat more of these "good" fats.

### Protein

Your muscles need protein to grow big and strong. Graham crackers do not have very much protein, but foods like beef, yogurt and peanuts do.

### Sugars

Sugars are found in things that taste sweet like pop, candy and ice cream. Try to choose foods and drinks that have less sugar.