

Fresh and Tasty Eating



Yum.

I TASTE
BETTER
THAN YOU!

NAH-UH!
I TASTE
BETTER AND
I'M SUPER
NUTRITIOUS!



Learn Your Labels

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 diet of other people's secrets.			
		Calories	2,000 2,500
Total Fat	Less than	60g	80g
Sat Fat	Less than	30g	35g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

⑥ **Quick Guide to % DV**

• 5% or less is Low

• 20% or more is High

Eat More of These Foods



I eat
these
everyday!

Eat Less of These Foods



Watch Your Portion Size

Bagel



3-inch diameter
140 calories



6-inch diameter
350 calories

Calorie difference: **210** calories

Cheeseburger



333 calories



590 calories

Calorie difference: **275** calories

Soda



6.5 ounces
85 calories



20 ounces
250 calories

Calorie difference: **165** calories

French Fries



2.4 ounces
210 calories



6.9 ounces
610 calories

Calorie difference: **400** calories

Drink More Water, Less Soda



Eat With Family and Friends



Eat the Colors of the Rainbow



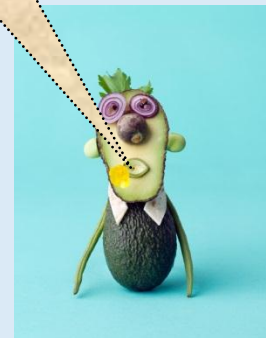
Ooh, this
looks so
good!



Eat Breakfast Every Day!



Breakfast is
my favorite
meal.



Balance Your Plate

