

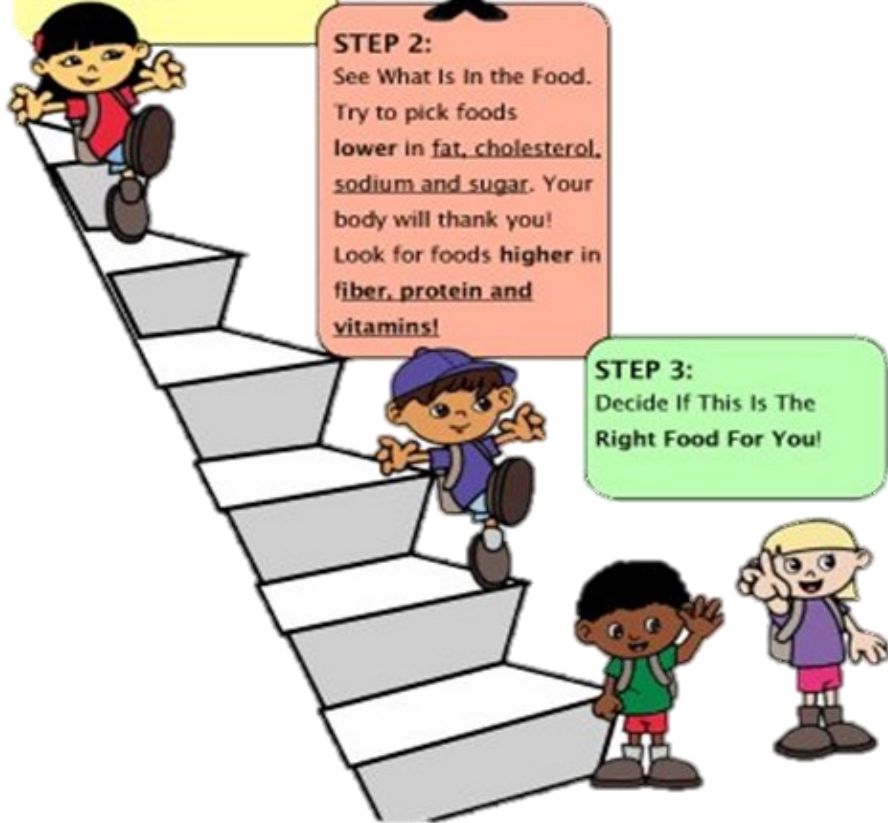
**STEP 1:**  
Size Up Your Servings  
and Calories.

How much is a serving?  
Is it too little and you will  
probably eat more than  
one serving?  
How much energy will you  
need to burn to use up  
those calories.



**STEP 2:**  
See What Is In the Food.  
Try to pick foods  
lower in fat, cholesterol,  
sodium and sugar. Your  
body will thank you!  
Look for foods higher in  
fiber, protein and  
vitamins!

**STEP 3:**  
Decide If This Is The  
Right Food For You!



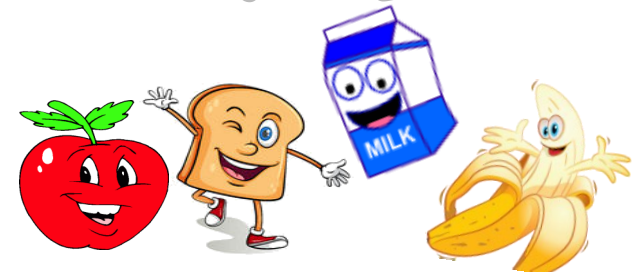
Information obtained from: [www.fda.gov](http://www.fda.gov); [www.chefsolus.com](http://www.chefsolus.com)

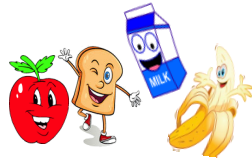


Contact us at: [MHSI@montefiore.org](mailto:MHSI@montefiore.org) or 347-418-4738



**READ IT**  
**before you**  
**EAT IT!**





## just the **nutrition** Facts

Have you seen this label? It's printed on packaged foods we find at the grocery store and it's our key to all the nutrients inside.

### servicing size:

Use this number to tell you how big (or small!) a single serving is. The numbers below it are all based on that one serving.

### servings per container:

This number shows you how many servings are in a whole container of any food.

### calories:

Found in everything we eat (except water). Calories are a measure of energy.

### total fat, sodium & cholesterol:

Look for "low" levels of these nutrients.

### fiber, vitamins & minerals:

Look for foods that are a "good source of" or "high" in these nutrients.

**Sugar:** According to the 2015-2020 Dietary Guidelines for Americans the sugar recommendations for children ages 2 to 6 years is less than 7 teaspoons are 28 grams daily.

Formula for calculating grams of sugar to teaspoons:

$$\text{Grams} \times \text{servings} \div 4 = \text{teaspoons of sugar}$$

## Nutrition Facts

Serving Size 1 cup (228g)  
Servings Per Container about 2

### Amount Per Serving

Calories 250      Calories from Fat 110

### % Daily Value\*

<b>Total Fat</b> 12g	<b>18%</b>
Saturated Fat 3g	<b>15%</b>
Trans Fat 3g	
<b>Cholesterol</b> 30mg	<b>10%</b>
<b>Sodium</b> 470mg	<b>20%</b>
<b>Total Carbohydrate</b> 31g	<b>10%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 5g	
<b>Proteins</b> 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
Saturated 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

1 Serving Size

2 Amount of Calories

3 Limit these nutrients

6

4 Get enough of these nutrients

5 Percent (%) Daily Value

6 Footnote with Daily Values (DVs)

### high, low or in between

Low in fat, a good source of calcium and high in Vitamin A— we hear the words "low" "a good source of" and "high" as they relate to certain nutrients all the time. What do these words really mean?

**low-** % Daily Value is 5% or less

**good source of-** % Daily Value is 10% or more

**high-** % Daily Value is 20% or more

