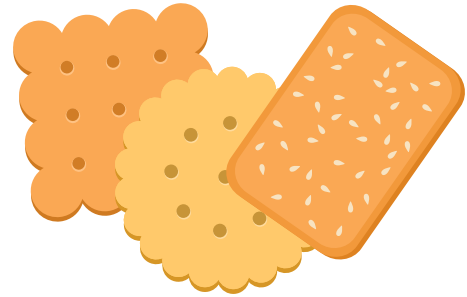



Right Bite: Nutrition Facts Labels


► Learn how to cut fat from your diet with Nutrition Facts labels as part of the Right Bite: Setting the Table for Healthy Eating series. Adults and teens will discover fun ways to make tasty changes to their diet and easy changes to their physical activity.



Read and compare labels.

[Note: First label is a **regular** cracker and second label is a **wheat** cracker.]

Nutrition Facts	
About 24 servings per container	
Serving size 5 crackers (16g)	
	
Amount per serving	
Calories	80
	% Daily Value*
Total Fat 4.5g	6%
Saturated Fat 1g	5%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 130mg	6%
Total Carbohydrate 10g	4%
Dietary Fiber 0g	0%
Total Sugars 1g	
Includes 1g Added Sugars	2%
Protein Less than 1g	
Vitamin A	0%
Vitamin C	0%
Vitamin D 0mg	0%
Calcium 20mg	0%
Iron 0.5mg	2%
Potassium 10mg	0%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

Nutrition Facts	
About 24 servings per container	
Serving size 5 crackers (16g)	
	
Amount per serving	
Calories	70
	% Daily Value*
Total Fat 2.5g	3%
Saturated Fat 0.5g	3%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 120mg	5%
Total Carbohydrate 10g	4%
Dietary Fiber less than 1g	3%
Total Sugars 2g	
Includes 2g Added Sugars	4%
Protein 1g	
Vitamin A	0%
Vitamin C	0%
Vitamin D 0mg	0%
Calcium 20mg	0%
Iron 0.5mg	2%
Potassium 30mg	0%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

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