When reading nutrition labels, keep in mind that the Nutrition Facts are based on serving size. If you are choosing to eat more than the one serving size, you will need to multiply the numbers by how many servings you plan to eat.

**LOOK**

Choose foods that are lower in saturated and trans fats, along with cholesterol and sodium. These can increase your risk of heart disease, high blood pressure, obesity and some cancers.

**HEART TALK**

These nutrients help improve your health. Most people don’t get the proper daily amount of vitamins and minerals that the body needs. Look for foods with 10% or higher of these nutrients in the Daily Value Column.

**COUNT**

The number of calories your body needs on a daily basis depends on your age, gender, and level of physical activity.

**LIMIT**

Sugar isn’t all bad for you. Some sugar is good and needed for energy but some sugar is bad. Limit your Added Sugars to less than 10% of your daily calories.

**GET MORE**

These percentages are based on an average adult’s daily calorie count needs of 2,000. Children have very different calorie needs based on age, gender, height and weight.

To find out daily recommended calorie count for children ages 2 through 14 go to: www.myplate.gov/myplate-plan

**% DAILY**

5% Daily Value or less per serving is **LOW**.

20% Daily Value or more per serving is **HIGH**.
The Child Nutrition (CN) Label is a product label which contains a statement from the USDA Food and Nutrition Service that clearly identifies the contribution that product makes towards the CN meal pattern requirements.