



# Understanding Food Labels

**LOOK**

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.

**COUNT**

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

Nutrition Facts	
Serving Size 1 Cup (58g)	
Serving Per Container about 7	
Amount Per Serving	
Calories	230
Calories from Fat	30
% Daily Values **	
Total Fat 4g*	8%
Saturated Fat 1g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 140mg	6%
<b>Total</b>	<b>10%</b>
Carbohydrate 41g	
Dietary Fiber 5g	14%
Sugars 10g	
Includes 4g Added Sugars	19%
Protein 3g	
% Daily Values **	
Vitamin A	100%
Vitamin C	25%
Calcium	13%
Iron	4%

**HEART TALK**

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

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

**% DAILY**

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/widgets-sm/myplate](http://www.myplate.gov/widgets-sm/myplate)



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.

**Nutrition Label**

# BREADED DINOSAUR

## SHAPED CHICKEN NUGGETS WITH 100% RIB MEAT

INGREDIENTS: Contains Up To 20% Solution Of Water, Salt, And Sodium Phosphates. Breaded, Battered And Predusted With: Bleached Enriched Wheat Flour (Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Modified Corn Starch, Salt, Less Than 2% Of Each Of The Following: Yellow Corn Flour, Spices, Leavening, (Sodium Bicarbonate, Sodium Aluminum Phosphate, Monocalcium Phosphate), Flavor (Maltodextrin, Autolyzed Yeast Extract, Flavor, Hydrolyzed Corn Gluten), Soybean Oil, Dried Garlic, Dried Onion, Silicon Dioxide Added As An Anticaking Agent. Coated With: Wheat Flour. Breeding Set In Vegetable Oil.  
CONTAINS: EGG, SOY, WHEAT  
HEATING INSTRUCTIONS: From Frozen: Heat in Convection Oven for 5-8 minutes at 375°F. Convectional Oven for 7-10 minutes at 400°F. Appliances vary, adjust cook times accordingly.

### Nutrition Facts

Serving Size 5 Nuggets (125g)  
Serving Per Container about 24

Amount Per Serving	
<b>Calories</b>	230
Calories from Fat	90
% Daily Values **	
<b>Total Fat</b> 10g	<b>15%</b>
Saturated Fat 2.5g	<b>13%</b>
Trans Fat 0g	
<b>Cholesterol</b> 55mg	<b>18%</b>
<b>Sodium</b> 560mg	<b>28%</b>
<b>Total Carbohydrate</b> 16g	<b>5%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 0g	
<b>Protein</b> 16g	
% Daily Values **	
Vitamin A	4%
Vitamin C	0%
Calcium	2%
Iron	10%

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

CN 000000

Five .88oz breaded fully cooked chicken nuggets (2.43 oz Total) provide 2.00 oz equivalent meat/meat alternate and 1.00 serving bread alternate for Child Nutrition Meal Pattern Requirements. (Use of this logo and statement authorized by the Food and Nutrition Service. USDA 00-00.)

CN

**FULLY COOKED • KEEP FROZEN**  
**PACKED 120 - .88OZ. (25G) • NET WT 6.6 LB**

**CN Label**

CN 000000

Five 0.88 oz. breaded fully cooked chicken nuggets (4.40 oz Total) provide 2.00 oz. equivalent meat/meat alternate and 1.00 oz. equivalent grains for Child Nutrition Meal Pattern Requirements. (Use of this logo and statement authorized by the Food and Nutrition Service. USDA 00-00.)

CN

**Six Digit ID#**  
Assigned by the FNS USDA.

**Date/Month**  
Approved by the FNS USDA

**THE MATH**

**Equivalent Calculation Lunch/Supper\***

**Meat**

- 1 & 2 year olds (1 oz) = 3 nuggets
- 3-5 year olds (1.5 oz) = 4 nuggets
- 6-12 year olds (2 oz) = 5 nuggets

**Grain**

- 1 & 2 year olds (1/2 oz) = 3 nuggets
- 3-5 year olds (1/2 oz) = 3 nuggets
- 6-12 year olds (1 oz) = 5 nuggets

**Child Nutrition labels do NOT indicate that a product is healthy.** CN labels are mainly used on processed meats and meat alternate products. If using CN labeled foods, always read the nutrition labels to choose the healthiest option.

\*The crediting here is specific to the to the nuggets shown in the example above. Be sure to check the label or nutrition information for all foods you serve to make sure you are meeting minimum requirements.