



# 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.choosemyplate.gov/MyPlate-Daily-Checklist](http://www.choosemyplate.gov/MyPlate-Daily-Checklist)



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 Corn Dog (96g)  
Serving Per Container about 24

Amount Per Serving	
<b>Calories</b>	230
Calories from Fat	90
<b>% Daily Values **</b>	
<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	
<b>% Daily Values **</b>	
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

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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

CN

FULLY COOKED • KEEP FROZEN  
PACKED 24 - .88OZ. (461G) • NET WT 5.25 LB

**CN Label**

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

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

CN

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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



**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) = 1.5 nuggets
- 3-5 year olds (1/2 oz) = 1.5 nuggets
- 6-12 year olds (1 oz) = 3 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.



## Educación sobre nutrición diaria

# Entendiendo las etiquetas de los alimentos



### Buscar

Cuando lea las etiquetas de información nutricional, tenga en cuenta que la información nutricional se basa en el tamaño de la porción. Si elige comer más del tamaño de una porción, deberá multiplicar los números por la cantidad de porciones que planea comer.

### Contar

La cantidad de calorías que su cuerpo necesita diariamente depende de su edad, sexo y nivel de actividad física.

Nutrition Facts	
8 Servings per container	
Serving size 2/3 cup (55g)	
Amount Per Serving	
<b>Calories</b>	<b>230</b>
<hr/>	
	% 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>
<b>Carbohydrate</b> 41g	
Dietary Fiber 5g	14%
Sugars 10g	
Includes 4g Added Sugars	19%
<b>Protein</b> 3g	
<hr/>	
	% Daily Values **
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 240mg	6%

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

### Charla del corazón

Elija alimentos bajos en grasas saturadas y trans, además de colesterol y sodio. Estos pueden aumentar su riesgo de enfermedad cardíaca, presión arterial alta, obesidad y algunos tipos de cáncer.

### Límite

El azúcar no es del todo malo para ti. Un poco de azúcar es bueno y necesario para obtener energía, pero un poco de azúcar es malo. Limite sus azúcares agregados a menos del 10 % de sus calorías diarias.

### Obtener más

Estos nutrientes ayudan a mejorar su salud. La mayoría de las personas no obtienen la cantidad diaria adecuada de vitaminas y minerales que el cuerpo necesita. Busque alimentos con un 10% o más de estos nutrientes en la columna de valor diario.

### % de Valor Diario

Estos porcentajes se basan en las necesidades diarias de 2000 calorías de un adulto promedio. **Los niños tienen necesidades calóricas muy diferentes** según la edad, el sexo, la altura y el peso.

Para averiguar el conteo de calorías diarias recomendadas para niños de 2 a 14 años, visite: [www.myplate.gov/myplate-plan](http://www.myplate.gov/myplate-plan)



5% del valor diario o menos por porción es **BAJO**.

El 20 % del valor diario o más por porción es **ALTO**.



# Educación sobre nutrición diaria



**La etiqueta de Nutrición Infantil** (CN, por sus siglas en inglés) es una etiqueta de producto que contiene una declaración del Servicio de Alimentos y Nutrición del USDA que identifica claramente la contribución que hace el producto a los requisitos del patrón de comidas CN.

## Etiqueta nutricional

# 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

24 servings per container  
**Serving Size 5 Nuggets (125g)**

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**Amount Per Serving**

**Calories 230**

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% 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	

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% Daily Values \*\*

Vitamin D 1mcg	5%
Calcium 26mg	2%
Iron 4mg	10%
Potassium 120mg	3%

\* 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

## Número de identificación de seis dígitos

Asignado por el FNS USDA.

## Mes / Año

Fecha de aprobación. Válido por cinco años o hasta que cambie la formulación del producto. .

## La matemática

### Cálculos equivalentes almuerzo/cena \*

#### Carne

- 1 y 2 años (1 oz) = 3 nuggets
- 3-5 años (1.5 oz) = 4 nuggets
- 6-12 años (2 oz) = 5 nuggets

#### Grano

- 1 y 2 años (1/2 oz) = 3 nuggets
- 3-5 años (1/2 oz) = 3 nuggets
- 6-12 años (1 oz) = 5 nuggets

**Las etiquetas de nutrición infantil NO indican que un producto sea saludable.** Las etiquetas CN se utilizan principalmente en carnes procesadas y productos alternativos a la carne. Si usa alimentos etiquetados con CN, siempre lea las etiquetas de información nutricional para elegir la opción más saludable.

\*La acreditación aquí es específica para las pepitas que se muestran en el ejemplo anterior. Asegúrese de revisar la etiqueta o la información nutricional de todos los alimentos que sirva para asegurarse de que cumple con los requisitos mínimos.