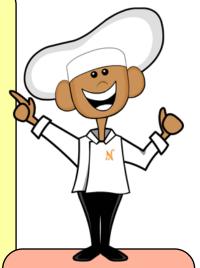
# 3 Steps in Using Food Label

#### 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!

#### **Pretzels**

## **Nutrition Facts**

Serving Size 28g (about 42 pretzels) Servings Per Container 15

Amount Per Servi		.52	
Calories 110	Calories from F	at	10
	% Daily Val	u	9*
Total Fat 1g		1	%
Saturated Fat 0g		0	%
Trans Fat 0g	111		
Cholesterol 0mg		0	%
Sodium 440mg		8	%
Total Carbohydrate 21g		7	%
Dietary Fiber 1g		4	%
Sugars 1g			
Protein 3g			
	\61		0
	Vitamin C	0	%
Calcium 0%	• Iron	10	%

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



Decide If This Is The **Right Food For You!** 



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