

# 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!



## STEP 3:

Decide If This Is The Right Food For You!



Pretzels	
Nutrition Facts	
Serving Size 28g (about 42 pretzels)	
Servings Per Container 15	
Amount Per Serving	
<b>Calories</b> 110	Calories from Fat 10
% Daily Value*	
<b>Total Fat</b> 1g	<b>1</b> %
Saturated Fat 0g	<b>0</b> %
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0</b> %
<b>Sodium</b> 440mg	<b>18</b> %
<b>Total Carbohydrate</b> 21g	<b>7</b> %
Dietary Fiber 1g	<b>4</b> %
Sugars 1g	
<b>Protein</b> 3g	
Vitamin A <b>0</b> %	Vitamin C <b>0</b> %
Calcium <b>0</b> %	Iron <b>10</b> %

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