



National Nutrition Month

New Year, Better Food Choices

Nutrition Facts

Serving Sizes: the recommended amount of food to eat

x/x cup (xxg)

Servings per container xx

Amount per serving: If the serving size is one cup and you eat two cups, you are getting twice the calories, fat and other nutrients listed on the label.

Calories a day

2,000

% Daily Value *

Total Fat 8g

10%

Saturated Fats 1g

5%

Trans fat 0g

Vitamins

20%

Minerals

20%

Fibers

20%

Protein

20%

*the daily value tells you how much a nutrient in a serving of food contributes to a daily diet. Five percent and lower for trans fat, saturated fat, cholesterol, and sodium. Twenty percent for vitamins, minerals, and fibers.

For more information about nutrition contact your local health department today!

Breaking News:

Researchers recommend that you eat right based on your lifestyle. Also, the information on infant food labels are different from adult labels.



"Finally, a food label I can understand!
Each serving contains 10 grams
of fat and 5 grams of this."

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