

Nutrition Facts Label

A nutrition facts label is a box on food packages that tells you what's inside such as calories and nutrients. It helps you choose foods that give your body energy and keep you healthy.

Look at **Serving Size** first. The nutrient amounts are based on ONE serving, not the entire package.

Calories are listed in a bigger font so it is easier to see. The average person needs about 2,000 calories each day.

Choose foods low in **Added Sugars**. Added sugars are found in drinks like soda, lemonade, iced tea and fruit drinks. Many foods, such as candy, cookies, granola bars, flavored yogurt and fruit snacks, have added sugars.

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

The **% Daily Value** tells you the percentage of each nutrient in a single serving, compared to the daily suggested amount.

5% or less = low in the nutrient
20% or more = high in the nutrient

Look for foods low in **Saturated Fat**, **Trans Fat**, and **Sodium**. Too much can increase your risk of heart disease.

Eat foods high in **Dietary Fiber**, vitamins, and minerals. These nutrients keep you healthy and help lower your risk for disease.

Vitamin D and **Potassium** must now be listed. Vitamin A and C will no longer be on the label.

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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Three Bean Salad

Servings: 10

Serving size: ½ cup

Ingredients

- 1 (14.5 ounce) can cut green beans, drained and rinsed
- 1 (15.5 ounce) can kidney beans, drained and rinsed
- 1 (15.5 ounce) can garbanzo beans (chick peas), drained and rinsed
- 2 stalks celery, diced (about 1 cup)
- ¼ cup apple cider vinegar
- ¼ cup canola or olive oil
- ⅛ teaspoon black pepper

Directions

1. In a medium bowl combine green beans, kidney beans, garbanzo beans, and celery.
2. In a small bowl, mix together vinegar, oil, and pepper. Pour the vinegar mixture over beans. Toss to mix.
3. Cover and refrigerate for at least 2 hours. Gently toss before serving.



Nutrition Facts

10 servings per container	
Serving size	1/2 cup
Amount per serving	
Calories	170
% Daily Value*	
Total Fat 7g	9%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 300mg	13%
Total Carbohydrate 21g	8%
Dietary Fiber 6g	21%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 7g	
Vitamin D 0mcg	0%
Calcium 63mg	4%
Iron 2mg	10%
Potassium 219mg	4%
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This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. This institution is an equal opportunity provider.

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