

NUTRITION TO GO

UNDERSTANDING THE NUTRITION FACTS LABEL

The Nutrition Facts label is found on most food products. Knowing how to read the Nutrition Facts label can make it easier for you to make healthy food choices.

Look at the serving size first. All of the nutrition information on the label is based on one serving, not the entire package. This includes calories, which is in the biggest print on the label.

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

20% or more= *high in the nutrient*

Eat foods high in dietary fiber, vitamins and minerals. These nutrients keep you healthy and help lower your risk for disease. Look at the % Daily Value to see if it is high (20% or more).

5% or less= *low in the nutrient*

Look for foods that are low (5% or lower) in saturated fats, trans fats and sodium. These nutrients are found in a lot of processed foods, and can be dangerous for our health if we eat them often.

Also look out for foods with little to no added sugars. Added sugars are found in soda, fruit drinks, candy, cookies and other snack foods.

Nutrition Facts

8 servings per container

Serving size **1 cup**

Amount per serving

Calories 230

% Daily Value*

Total Fat 7g	9%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 440mg	19%
Total Carbohydrate 23g	8%
Dietary Fiber 1g	4%
Total Sugars 4g	
Includes 0g Added Sugars	0%

Protein 17g

Vitamin D 0mcg	0%
Calcium 181mg	15%
Iron 1mg	6%
Potassium 227mg	4%

*The % Daily Value 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.

Vitamin D, calcium, iron and potassium are always listed. **Foods may have other vitamins and minerals that are not listed.**



SUMMER BEAN SALAD

Servings per recipe: 8
Serving size: ¾ cup
Prep time: 5 minutes

Cost: \$4.80 per recipe/
\$0.60 per serving

Ingredients

- 1 (15 oz) can garbanzo beans, drained and rinsed
- 1 (15 oz) can kidney beans, drained and rinsed
- 1 pound fresh green beans, ends snipped and cut into bite-sized pieces
- 1 large tomato, diced
- ¼ cup diced red onion
- ¼ cup apple cider vinegar
- ¼ cup canola or olive oil
- ⅛ teaspoon black pepper

Directions

1. In a medium bowl, gently mix garbanzo beans, kidney beans, green beans, tomato, and onion.
2. In a small bowl, whisk together the vinegar, oil, and black pepper. Pour dressing over salad and toss gently to coat.
3. Cover, refrigerate for 30 minutes and gently toss before serving.



Using the % Daily Value information from the first page, we can see that this salad is **high in fiber** (29% Daily Value for Dietary Fiber). The fiber in this meal is coming from the garbanzo beans, kidney beans, green beans, tomato and onion.



Nutrition Facts	
8 servings per container	
Serving size	¾ cup
Amount per serving	
Calories	220
% Daily Value*	
Total Fat 9g	12%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 230mg	10%
Total Carbohydrate 29g	11%
Dietary Fiber 8g	29%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 9g	
Vitamin D 0mcg	0%
Calcium 78mg	6%
Iron 2mg	10%
Potassium 372mg	8%
*The % Daily Value 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.	

This salad is a great source of protein and vegetables. To make it a more complete MyPlate meal, try adding these items:

Fruit: *Have a piece of fruit for dessert.*

Grains: *Serve on top some brown rice or whole wheat toast.*

Dairy: *Add your favorite cheese.*