**SNACKS**

**PopCorners**

**Nutrition Facts**
- Calories: 250
- **Protein:** 16g
- **Fat:** 8g
- **Carbs:** 27g
- **Sodium:** 670mg

**Calories from Fat:** 70
- **Dietary Fiber:** 1g (5%)
- **Sugars:** 5g
- **Calcium:** 110mg (10%)
- **Iron:** 2mg (10%)

**Saturated Fat:** 3.5g (14%)
- **Vitamin A:** 180μ (4%)
- **Vitamin C:** 1mg (2%)

**Trans Fat:** 0g
- **Cholesterol:** 40mg (14%)

**DO NOT LIKE READING LABELS?**
- The BEST snacks have no label at all!

**McDonald's Fruit and Yogurt Parfait**

- **Calories:** 150
- **Protein:** 4g
- **Fat:** 2g
- **Carbs:** 30g
- **Calories from Fat:** 20
- **Dietary Fiber:** 1g (2%)
- **Sugar:** 2g
- **Calcium:** 110mg (10%)
- **Iron:** 2mg (10%)

**Saturated Fat:** 0g
- **Vitamin A:** 133μ (2%)
- **Vitamin C:** 1mg (2%)

**Trans Fat:** 0g
- **Cholesterol:** 0mg

**McDonald's Grilled Snack Wrap**

- **Calories:** 250
- **Protein:** 16g
- **Fat:** 8g
- **Carbs:** 27g
- **Sodium:** 670mg

**Calories from Fat:** 70
- **Dietary Fiber:** 1g (5%)
- **Sugars:** 5g
- **Calcium:** 110mg (10%)
- **Iron:** 2mg (10%)

**Saturated Fat:** 3.5g (14%)
- **Vitamin A:** 180μ (4%)
- **Vitamin C:** 1mg (2%)

**Trans Fat:** 0g
- **Cholesterol:** 40mg (14%)
The **Nutrition Facts** label on food items provides the energy and nutrient content for this amount of the food product.

**NEW Proposed Label**

The proposed Nutrition Facts label (right) will emphasize the number of calories and servings per container; update % Daily Values for nutrients such as fiber and calcium; update serving sizes; list the amount of added sugars; require listing of potassium and vitamin D if present, and no longer require the labeling of Vitamins A and C.

**Number of Calories, or energy, for 1 serving of this product.**

*Remember if you eat more energy than your body needs it will save the excess energy as fat.*

**Goals:**

- **Snacks:** 150-180
- **Meals:** 450-550

**Fiber and protein both help you feel more full even with the same calories.** Fiber will only be naturally found in fruits, vegetables, nuts, beans, and whole grains.

**Goal:**

- Fiber: ≥ 3 g

This is the number of servings in the whole bag/box/container. For this item, to find out the nutrients in the whole item you would have to multiply the numbers on the label by 8.

If the % Daily Value is 5 or less, we can say, “1 serving of this food is LOW in (the listed nutrient).”

If the % Daily Value is 10 or more, we can say, “1 serving of this food is HIGH in (the listed nutrient).”

**Goals:**

- NOT high in sodium or < 10%
- High in vitamins & minerals ≥ 10%

Fat is the highest calorie, or energy, nutrient, so we want to choose foods that are “low” in fat to prevent weight gain.

**Goals:**

- No “Partially Hydrogenated” ingredients
- “Low Fat” (1%) Dairy
- “Lean” or “Extra Lean” Meats
- Use less oil, butter, & cheese

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**Label Tips**

**Number of Calories, or energy, for 1 serving of this product.**

*Remember if you eat more energy than your body needs it will save the excess energy as fat.*

**Goals:**

- **Snacks:** 150-180
- **Meals:** 450-550

**Fiber and protein both help you feel more full even with the same calories.** Fiber will only be naturally found in fruits, vegetables, nuts, beans, and whole grains.

**Goal:**

- Fiber: ≥ 3 g