CREATE BETTER HEALTH™ SNAP-ED

Nutrition Facts Label

1

Know how much you are eating. Many containers have more than one serving.

3

Fat is an important part of the food you eat, but too much can cause disease. Choose food with lower amounts of total fat AND saturated fat to keep your heart healthy.

5

Carbohydrates are the best fuel for your body. Eating too many can hurt you, look for foods with lower carbs and higher fiber.

7

Vitamins are also important for health. Look for foods higher in calcium, iron, vitamin D, and potassium.

Nutrition Facts

Serving Size 1 cup (228g)
Servings Per Container 2

Amount Per Serving

Calories 250 Calories from Fat 110

	% Daily Value*
Total Fat 12g	**18%**
Saturated Fat 3g	**15%**
Trans Fat 3g	
Cholesterol 30mg	**10%**
Sodium 470mg	**20%**
Total Carbohydrate 31g	**10%**
Dietary Fiber 0g	**0%**
Sugars 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

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

2

The calories tell you how much energy you will get from this food, per serving. Make sure to multiply the calories for each serving of the food you eat.

4

Too much cholesterol and sodium can cause problems with body functions. Choose foods with lower amounts of these for best health.

6

Protein is another important part of the food you eat. It helps your nails and hair grow, heals wounds, and fights disease.

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SNAP benefits

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