Reading and Comparing Food Labels

- **AMOUNTS** on the label are based on 1 serving. How many are you eating?
- **CALORIES** tell you how much energy you get with each serving.
- **% DAILY VALUE** tells you if a food is high or low in a certain nutrient; 20% or more is high, 5% or less is low.
- Aim low on "UNHEALTHY" FATS. Unsaturated fat is better for you than saturated fat. Try to avoid trans fat altogether.
- Look for labels with **LESS SODIUM** when comparing labels.
- Look for **MORE FIBER** and **LESS SUGAR** when comparing labels.

*Always read and compare nutrition labels to get the full story.*