



How to Read a Nutrition Facts Label

Understanding what the Nutrition Facts Label means can help you make smart food choices that are best for your health.

1 Serving Size & Servings Per Container
 We're used to saying "portion" or "helping" when we talk about how much we eat. "Serving size" is the official term used on food labels. Nutrition facts given on the food label are based on one serving.

Be sure to look at the number of servings in the container. Even small containers may have more than one serving. If you eat the whole container, then you must multiply the nutrition values by the number of servings in the container.

2 Amount of Calories
 The calories listed are for one serving of the food. Keep in mind your total daily calorie needs. "Calories from fat" tells how many fat calories there are in one serving. Remember, a product that is fat-free isn't necessarily calorie-free.

3 *Percent Daily Values (DV)
 This section tells you how the nutrients in one serving of the food contribute to your total daily diet. Use it to choose foods that are high in the nutrients you should get more of, and low in the nutrients you should get less of.
Tip: 5% DV or less is low, 20% or more is high. You will not find a % DV for trans fat, Sugars, or Protein (refer to the bottom box for Percent Daily Values for a 2,000 and 2,500 calorie diet).

4 Limit these Nutrients
 Eating too much total fat (especially saturated fat and trans fat), cholesterol, or sodium may increase your risk of certain chronic diseases, such as heart disease, some cancers, or high blood pressure. Limit these nutrients.

Nutrition Facts

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

Amount Per Serving

Calories 260 **Calories from Fat** 120

	% Daily Value*
Total Fat 13g	20%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 660 mg	28%
Total Carbohydrate 31g	10%
Dietary Fiber 1g	4%
Sugars 5g	
Protein 5g	
Vitamin A 4% • Vitamin C 2% Calcium 15% • 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:

	Calories:	2000	2500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrates		300g	375g
Dietary Fiber		25g	30g

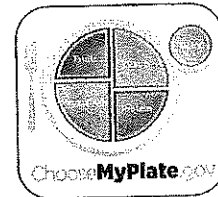
5 Get Enough of These Nutrients
 Americans often don't get enough dietary fiber, Vitamin A, Vitamin C, Calcium, and Potassium in their diets.

- Look for choices that have at least 1 gram of fiber.
- Aim for 20–35 grams of fiber per day.
- Compare the number of grams (g) of sugars to the number given for Total Carbohydrate. Unless this food has natural sugar, like that in fruit or milk, these sugars are added.

10 tips
Nutrition
Education Series



make better food choices



10 tips for women's health

Make yourself a priority and take time to care for yourself. ChooseMyPlate.gov helps you choose the types and amounts of food and beverages you need. And, make time to be physically active, so you can do the things you want to do.

1 find out what you need
Get personalized nutrition information based on your age, gender, height, weight, and physical activity level. **SuperTracker** provides your calorie level, shows foods and beverages you need, and tracks progress toward your goals. Learn more at www.SuperTracker.usda.gov.



2 enjoy your food but eat less
Use a smaller plate at meals to help control the amount of food and calories you eat. Take time to enjoy smaller amounts of food.

3 strengthen your bones
Choose foods like fat-free and low-fat milk, cheese, yogurt, and fortified soymilk to help strengthen bones. Be sure your morning coffee includes fat-free or low-fat milk.

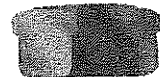


4 make half your plate fruits and vegetables
Add fruit to meals as part of main or side dishes. Choose red, orange, or dark-green vegetables like tomatoes, sweet potatoes, and broccoli, along with other vegetables for meals.



5 drink water
Sip water or other drinks with few or no calories to help maintain a healthy weight. Keep a water bottle in your bag or at your desk to satisfy your thirst throughout the day.

6 eat whole grains more often
Choose whole grains like brown rice and whole-grain pastas and breads more often. Foods with a high-fiber content can help give you a feeling of fullness and also provide key nutrients.



7 learn what is in foods
Use both ingredient and Nutrition Facts labels to discover what various foods contain. SuperTracker's **Food-A-Pedia** makes it easy to compare nutrition information for more than 8,000 foods.

8 cut back on some foods
Cut calories by cutting out foods high in solid fats and added sugar. Limit fatty meats like ribs, bacon, and hot dogs. Choose cakes, cookies, candies, and ice cream as just occasional treats.

9 be a better cook
Try out healthier recipes that use less solid fat, salt, and sugar. Eat at home more often so you can control what you are eating. If you eat out, check and compare nutrition information. Choose healthier options such as baked chicken instead of fried chicken.

10 be active whenever you can
Set a goal to fit in at least 2½ hours of moderate physical activity in your week. Being active 10 minutes at a time also adds to your weekly total. Ask your friends or family to keep you company as you bike, jog, walk, or dance. Don't forget to do some muscle strengthening activities twice a week.





Oxford-Webster Youth Football & Cheer 2018 Registration

May 9th 6-8pm

Oxford Community Center

4 Maple Rd
Oxford, MA 01540

Cheer – Ages 5 – 14 born between July 31st 2003 – July 30th 2013 \$125.00

Flex Football – Grades K – 1st \$100.00

Tackle Football – Ages 7 - 12 born between July 31st 2006 – July 30th 2011 \$125.00

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****Teams are filling up fast. Register now before prices increase.****

****Online registration available at www.OxfordWebsterPirates.com****

Payments by Cash, Check or Credit Card*

(A \$5.00 fee, will be applied for each credit card transaction processed)

Questions? Email OWPiratesRegistrar@gmail.com

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