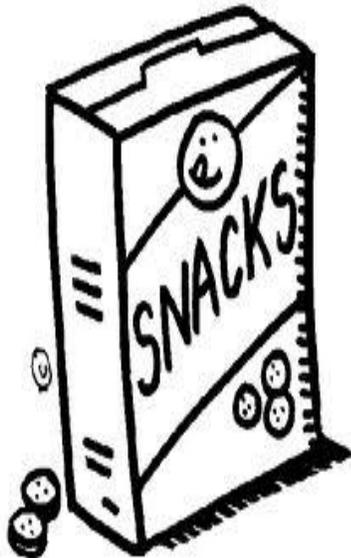




# What's in your Snack?

The Nutrition Facts label is filled with a ton of information!

What should you look at first?



Nutrition Facts	
Serving Size 1 oz. (28g/About 10 crisps)	
Servings Per Container 10	
Amount Per Serving	
<b>Calories</b> 120	Calories from Fat 30
% Daily Value*	
<b>Total Fat</b> 3g	<b>5%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 200mg	<b>8%</b>
<b>Total Carbohydrate</b> 21g	<b>7%</b>
Dietary Fiber 2g	<b>6%</b>
Sugars 2g	
<b>Protein</b> 2g	
Vitamin A 0%	Vitamin C 6%
Calcium 4%	Iron 0%
Thiamin 4%	Niacin 6%
Vitamin B <sub>6</sub> 4%	Phosphorus 8%
Zinc 2%	
* 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: 2,000    2,500
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 Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat	9    Carbohydrate 4    Protein 4

**Ingredients:** Dehydrated Potatoes, Modified Food Starch, Corn Oil, Sugar, Salt, Soy Lecithin, Leavening (Monocalcium Phosphate and Sodium Bicarbonate), and Dextrose. No Preservatives.

### Step 1: Serving Size

How much can you have? 1 cup, ½ cup, 1 oz, 10 chips? Different products have different portion sizes.

### Step 2: Serving Per Container

Is it the whole container or just a portion of it? Even if the container seems like it was made for one person, it could actually be for two or even three servings! Pay attention to some of your beverages, too.

### Step 3: Calories per serving

Remember healthy snacks should total 100-300 calories, depending on your physical activity, time between meals, and size of your other meals.

**% Daily Value:** This number tells you what percentage of your daily need is in this food item. These numbers are based on a 2,000 calorie diet, but you

may require fewer or more calories. % Daily Value is still useful in helping you decide the quality of your snack. Aim for higher percents of fiber, protein, vitamins, and minerals, while keeping the saturated fat, cholesterol and sodium percents lower.

**Ingredients:** Less is more! Look for products with fewer and more recognizable ingredients. Fewer ingredients may indicate less processing and more nutrients retained within the product!

Modified from: *The Basics of the Nutrition Facts Panel*, Academy of Nutrition and Dietetics website. <http://www.eatright.org/Public/content.aspx?id=10935&terms=nutrition+facts+panel>. Accessed April 21, 2011.



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