



Cooperative Extension Service

Los Alamos County
Rio Arriba County
Santa Fe County

JUST BE IT!
Healthy and Fit



Healthful Eating ... Food Labels Help!

Supermarkets sell thousands of foods. How do you make healthful choices for everyone in your family? Sometimes it seems overwhelming! The food label can help you. It's easy to use, even when your shopping trip is hectic.

Nutrition Facts on food labels tell you the calories (or food energy) and nutrients in one serving of food inside the package. Look for the nutrition information in the store, near fresh fruit, vegetables, meat, poultry, or fish, too.

- Be in control – and buy the best foods for your family.
- See how calories (food energy) and nutrients change with bigger or smaller servings.
- Compare the % Daily Values in similar foods.

READ IT before you EAT IT!

How many servings are you eating?

Calories in one serving
For two servings, double the calories. Pay attention to choose foods for a healthy weight.

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%
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:	
	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

% Daily Value (DV)
Is the amount of a nutrient in one serving compared to dietary recommendations.

Get LESS
5% or less is low
20% or more is high

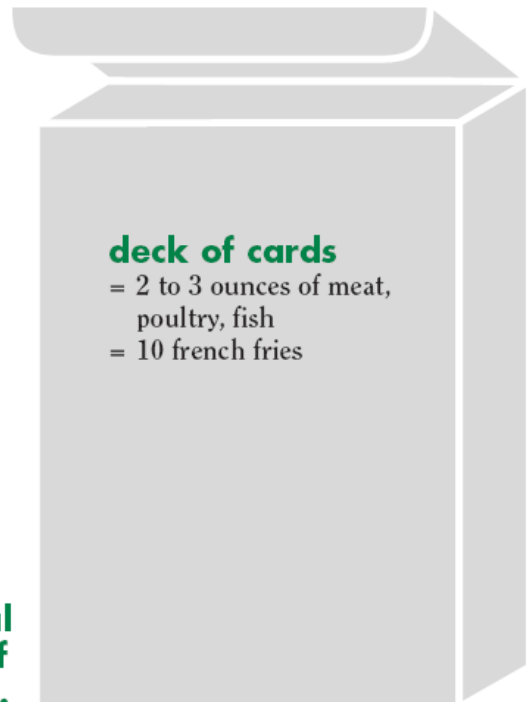
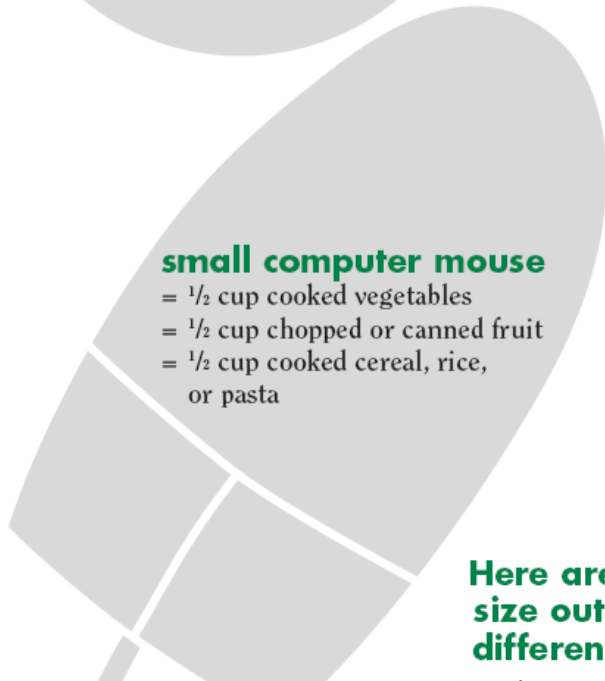
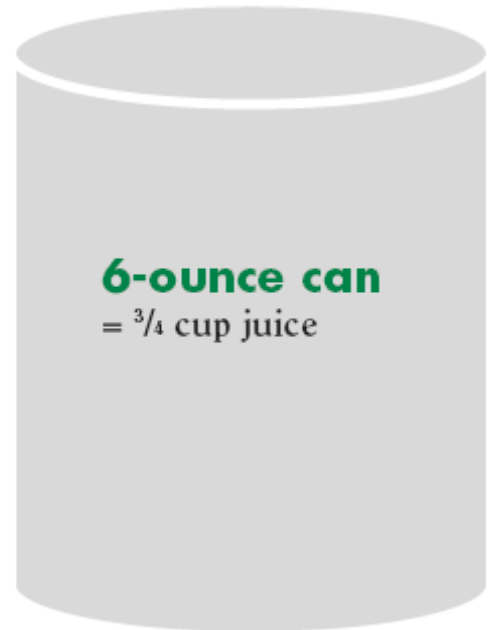
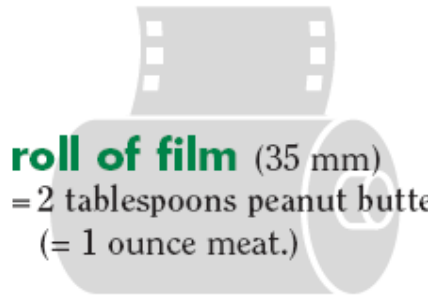
Get ENOUGH
5% or less is low
20% or more is high

What's the Best Choice for You?

Use the 5%-20% Guide to Daily Values to choose foods.

How Much Do You Eat?

...When you shop, eat out, or enjoy food at home, estimate how much you eat. Use these shapes as your way to remember the size of Pyramid Servings.



Here are actual size outlines of different items.

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Adapted from Nibbles for Health, Nutrition Newsletters for Parents of Young Children, USDA, Food & Nutrition Service