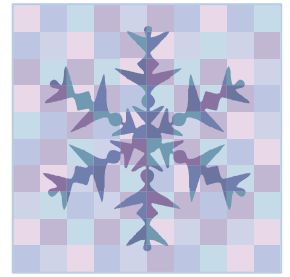


Nutrition

Niblits



Dec 2011

How to read a food label...

Nutrition Facts		
Serving Size 1 cup (228g)		Start here
Servings Per Container 2		
Amount Per Serving		Check calories
Calories 250	Calories from Fat 110	
% Daily Value*		Quick guide to % DV
Total Fat 12g	18%	5% or less is low 20% or more is high
Saturated Fat 3g	15%	
Trans Fat 3g		
Cholesterol 30mg	10%	
Sodium 470mg	20%	Limit these
Potassium 700mg	20%	
Total Carbohydrate 31g	10%	Get enough of these
Dietary Fiber 0g	0%	
Sugars 5g		
Protein 5g		
Vitamin A	4%	
Vitamin C	2%	
Calcium	20%	
Iron	4%	Footnote
* 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

~ Food Focus ~

Whole Wheat

Whole wheat gives you plenty of fiber and complex carbohydrates for energy.

Eat more breads, pasta, bagels, crackers, muffins, waffles, and pancakes with “whole wheat” as the first ingredient to include more whole grain in your diet.

Increasing fresh fruits and vegetables in your diet is another way to increase your fiber intake.

Aim for 5 servings of fruits and vegetables per day!

How much fiber do I need?

Children age 4-8: 25g / day

Boys 9-13: 30g / day

Girls 9-13: 26g / day

Boys 14 – 19: 38g / day

Girls 14-19: 26g / day

Adults over the age of 20 need approximately 25-36g / day, or 10-13g per 1000 calories.