

Read the Label

Healthy food choices can help prevent or reduce the risk of disease. But what exactly is a healthy food choice? According to the United States Department of Agriculture, a healthy diet is one that:

- Emphasizes fruits, vegetables, and whole grains
- Emphasizes fat-free or low-fat milk and milk products
- Includes lean meats, poultry, fish, beans, eggs, and nuts
- Is low in saturated fats, trans fats, cholesterol, salt (sodium), and added sugars

Choose an item that you think is a healthy food choice. Fill in the table, then explain why your food item is a healthy choice.

Amount Per Serving		Calories from Fat 110
		% Daily Value*
Calories 250		
Total Fat 12g		18%
Saturated Fat 3g		15%
Trans Fat 3g		
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

Name of Food:	
Main ingredients:	
Total fat per serving:	
Saturated fat per serving:	
Trans fat per serving:	
Cholesterol per serving:	
Sodium per serving:	
Sugar per serving:	

This is a healthy food choice because: _____
