

# Fresh and Tasty Eating



**Yum.**

I TASTE  
BETTER  
THAN YOU!

NAH-UH!  
I TASTE  
BETTER AND  
I'M SUPER  
NUTRITIOUS!



# Learn Your Labels

① **Start Here** →

② **Check Calories**

③ **Limit these Nutrients**

④ **Get Enough of these Nutrients**

⑤ **Footnote**

<b>Nutrition Facts</b>			
Serving Size 1 cup (228g)			
Servings Per Container 2			
<b>Amount Per Serving</b>			
<b>Calories</b> 250	Calories from Fat 110		
<b>% Daily Value*</b>			
<b>Total Fat</b> 12g	18%		
Saturated Fat 3g	15%		
Trans Fat 3g			
<b>Cholesterol</b> 30mg	10%		
<b>Sodium</b> 470mg	20%		
<b>Total Carbohydrate</b> 31g	10%		
Dietary Fiber 0g	0%		
Sugars 5g			
<b>Protein</b> 5g			
<b>Vitamin A</b>	4%		
<b>Vitamin C</b>	2%		
<b>Calcium</b>	20%		
<b>Iron</b>	4%		
*Percent Daily Values are based on a diet of other people's misdeeds.			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	30g	35g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

⑥ **Quick Guide to % DV**

- 5% or less is Low
- 20% or more is High

# Eat More of These Foods



I eat  
these  
everyday!



# Eat Less of These Foods



# Watch Your Portion Size

## Bagel



3-inch diameter  
140 calories



6-inch diameter  
350 calories

Calorie difference: **210** calories

## Cheeseburger



333 calories



590 calories

Calorie difference: **275** calories

## Soda



6.5 ounces  
85 calories



20 ounces  
250 calories

Calorie difference: **165** calories

## French Fries



2.4 ounces  
210 calories



6.9 ounces  
610 calories

Calorie difference: **400** calories

# Drink More Water, Less Soda



# Eat With Family and Friends





# Eat the Colors of the Rainbow

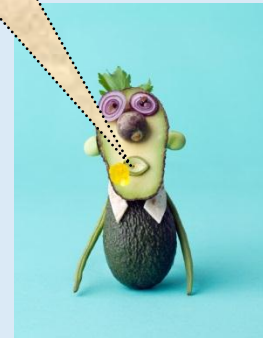
Ooh, this looks so good!



# Eat Breakfast Every Day!



Breakfast is  
my favorite  
meal.



# Balance Your Plate

