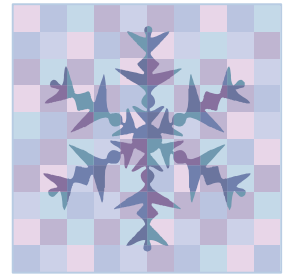


Nutrition

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%	Limit these	
Sodium 470mg	20%		
Potassium 700mg	20%	Get enough of these	
Total Carbohydrate 31g	10%		
Dietary Fiber 0g	0%		
Sugars 5g			
Protein 5g			
Vitamin A	4%	Footnote	
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

~ 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.