

BE A NUTRIENT DETECTIVE!

Use the clues on the
Nutrition Facts label
to help you choose
foods with lots of
fiber, Vitamins A, B, C,
calcium and iron!



*Educational content provided by
UGA Extension in Thomas County.*

EAT BETTER. LIVE BETTER.

Wellness Wednesday

DECODE YOUR NUTRITION LABELS!

Most foods in the grocery store must have a nutrition label and an ingredient list. This means you can easily compare foods to see which one is the most nutritious! These nutrients are good for you, while foods with lots of fat, cholesterol, sodium and sugar are not very nutritious.

Start Here →

Limit These Nutrients →

Get Enough of These Nutrients →

Nutrition Facts	
8 servings per container	
Serving size 2/3 cup (55g)	
Amount per serving	
Calories 230	
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg 10%	
Calcium 260mg 20%	
Iron 8mg 45%	
Potassium 240mg 6%	

Percent Daily Value. See the Footnote. Low = 5% or less High = 20% or more

Footnote

(For educational purposes only. These labels do not meet the labeling requirements described in 21 CFR 101.3.)

This message is brought to you by Live Better and our partner Bob & Jeff's IGA.



Live Better is an Archbold Medical Center-led collaborative of key community leaders and partners focused on improving the overall health of citizens in Thomas County.