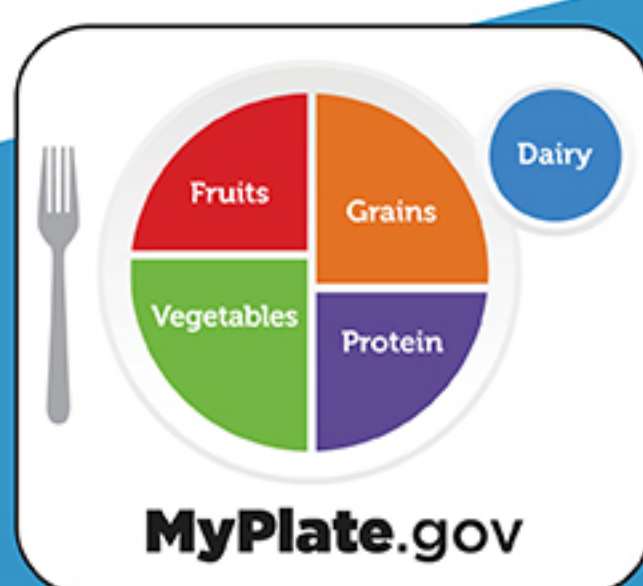




# Eat Healthier With These Tools

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



## PLANNING

Plan for the week with USDA's **MyPlate** in mind. Think about how you can cover all of the five food groups. Consider meals you might cook.



## SHOPPING

Find the food that's right for you by comparing different items using the **Nutrition Facts label**. Choose items higher in vitamins, minerals, and fiber and lower in saturated fat, sodium, and added sugar.



## COOKING

Use **MyPlate** to think about how to make your meal as complete as possible. For example, if you are making pasta, add veggies to your dish and cut up fruit for dessert.

## EATING

Look at the **Nutrition Facts label** to track calories and use serving information to help you choose the right portion sizes for you.



# Start using the **Nutrition Facts label** and **MyPlate** now!

You may have heard that the Nutrition Facts label is getting an update. The new label is already starting to appear on products nationwide.

For more information visit  
[www.fda.gov/nutritioneducation](http://www.fda.gov/nutritioneducation)  
and [www.myplate.gov](http://www.myplate.gov)