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## Read It Before You Eat It!

How do you make healthy choices when your grocery store offers thousands of foods? The food label can help you. It's easy to use even when you are in a hurry!

Nutrition Facts on food labels tell you what the calories and nutrients are in one serving of the food inside the package. Food labels are printed on the outside of the package and are usually easy to find. Nutrition information for fresh foods is usually displayed in the grocery store near fresh fruits and vegetables, meat, poultry and fish.



Nutrition Facts	
Serving Size 1 cup (228g)	
Servings Per Container 2	
Amount Per Serving	
<b>Calories</b> 250	Calories from Fat 110
% Daily Value*	
<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	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	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 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g



## Why Use Nutrition Facts on Food Labels

- ◆ The Percent Daily Values (% DVs) can help you compare nutrients in similar foods by using the “5-20” guide.
- ◆ **5% DV or less is low.** For nutrients you want to get less of (saturated fat, total fat, cholesterol and sodium), try to choose foods with a low % DV.
- ◆ **20% DV or more is high.** For nutrients you want to get more of (calcium, fiber, iron and vitamins A and C), try to choose foods with a high % DV.
- ◆ The goal is to choose foods that together give you about 100% a day. For nutrients that most of us need to get more of, the goal should be at least 100%. For nutrients that most of us need to eat less of, the goal should be to eat no more than 100%.

## Fact-O-Matic

According to the Percent Daily Values on a food label, you should try to get 20% or more of the nutrients listed. Can you find them in the puzzle below?

FIBER  
VITAMIN A  
VITAMIN C  
CALCIUM  
IRON

F	A	K	V	T	M	L	P	W	B	A	N
I	N	H	V	N	U	O	V	V	L	F	Q
B	T	O	Z	L	I	P	W	W	K	I	G
E	L	B	R	R	R	W	B	V	I	Y	O
R	J	A	O	O	M	V	I	F	M	I	J
S	Q	N	N	X	V	T	Q	E	U	G	C
J	A	P	U	I	A	P	M	Q	I	Z	A
T	C	R	V	M	M	A	W	R	C	O	B
Q	G	F	I	D	H	A	S	M	L	B	B
I	Z	N	Y	I	K	X	T	K	A	A	D
J	C	E	J	U	C	I	Q	I	C	Y	I
P	F	W	O	F	O	U	R	A	V	D	U

## Right Bite Recipe

### Crispy Skin-On Oven Fries

#### Ingredients

- 3 medium baking potatoes
- 1/4 teaspoon salt
- 1/4 teaspoon paprika
- 1/4 teaspoon garlic powder
- 1/4 teaspoon black pepper
- Vegetable oil spray



#### Directions

1. Preheat oven to 450 degrees.
2. Scrub potatoes and pat dry. Cut each potato into 8 wedges. Arrange in a single layer, skin side down, on a baking sheet.
3. Stir the rest of the ingredients together in a small bowl (except oil).
4. Spray potatoes lightly with vegetable oil and sprinkle with salt mixture.
5. Bake uncovered for 20 minutes or until potatoes are tender and skin is crisp.

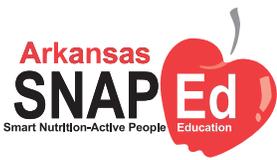


## Food Safety Corner

### Safe Food Handling Can Help Prevent Food-Borne Illness (Food Poisoning)

- ◆ Check the “Sell By” and “Use By” dates on dairy products, eggs, cereals and canned foods. Choose the freshest items.
- ◆ Check packaging dates and “Use By” dates on fresh meats, poultry and seafood. Do not buy if they are outdated.
- ◆ It is best not to use dented cans, but if you do use them, be sure there are no leaks or damaged seams. Cracked or bulging cans should always be thrown out!
- ◆ Do not buy foods in torn or cut packages, boxes or bags.
- ◆ Wash tops of canned foods before opening. Clean the can opener after each use.





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## Comparing Costs Can Save You Money!

Compare:



Prices of different brands.



Cost of frozen, canned, fresh and dried items of the same food.



Number of servings in each food package.



Prices at different stores.



Prices of similar foods, like fresh peaches and pears.



The cost of convenience foods versus the cost of making them from scratch.

For more information on food, nutrition or health, contact your county Extension office or visit [www.uaex.edu](http://www.uaex.edu).