

Checklist for a Healthy Diet

Having a balanced diet full of vegetables and whole grains ensures that your body and teeth are going to be strong and healthy. It's nearly impossible to avoid sugar completely, and is okay as a treat sometimes. You want to make sure that you're getting your recommended servings of whole foods before you enjoy these sweet treats!

It's important to learn how to read nutrition labels to maintain a healthy diet:

Check Serving Size

Consider The Calories

Read the Label for Nutrients!

Nutrition Facts	
Serving Size (2g)	
Amount Per Serving	
Calories 190	Calories from Fat 140
<small>% Daily Values*</small>	
Total Fat 16g	25%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 150mg	6%
Total Carbohydrate 6g	2%
Dietary Fiber 2g	8%
Sugars 3g	
Protein 7g	14%
Iron 4%	Vitamin E 10%
Niacin 20%	

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

Checking the serving size: the top of the nutrition label always shows the serving size and the amount of servings per container. One package may contain more than one serving!

Considering calories: when looking at a food's calories, a good rule of thumb is that 100 calories are low and 400 calories is high.

Read the label for nutrients: If a nutrition label has 5% or less of a nutrient, it is low in that nutrient. If it has 20% or more, it is high in that nutrient. Nutrients we want to get more of are potassium, fiber, vitamin A&C, iron, and calcium. Nutrients to get less of are sodium, trans fat, saturated fat, cholesterol, and sugar.

Pick your favorite snack and look at the nutrition label:

What is the snack?	
How many servings are in the container?	
What is considered one serving?	
How many calories are in one serving?	
How much sodium is there in one serving?	
Is the snack high or low in sodium?	
How much sugar is there in one serving?	
Is the snack high or low in sugar?	
What vitamins are listed on the label?	

What have you learned about this snack? _____
