

# Nutrition Facts

Serving size:

Servings per container:

How Large



?

How Many

Amount Per Serving

Calories

Calories from Fat

% Daily Value\*

**Total Fat**

**choose low fat options**

Saturated Fat

Trans Fat

**avoid trans-fats**

Cholesterol

**Sodium less than 2300 mg a day - 1,500mg if 51 and older**

Total carbohydrate

Dietary Fiber

**Sugar**

**4 grams = 1 teaspoon sugar**

Protein

Vitamin A %

\*

Vitamin C %

Calcium %

\*

Iron %

\* Percent Daily Values are based on a 2,000 calorie diet.

**Ingredients:** Water, High Fructose Corn Syrup, Grape and Pear Juices From Concentrate, other

(Other names for added sugars: Sugar, Brown Sugar, Honey, Molasses, Syrup, Malt Syrup, Lactose, Glucose, Dextrose, Maltose, Sucrose, Corn Sweetner)



## Dietary Guidelines 2010 Selected Messages for Consumers

Take action on the Dietary Guidelines by making changes in these three areas.

Choose steps that work for you and start today.

### **Balancing Calories**

- Enjoy your food, but eat less.
- Avoid oversized portions.

### **Foods to Increase**

- Make half your plate fruits and vegetables.
- Make at least half your grains whole grains.
- Switch to fat-free or low-fat (1%) milk.

### **Foods to Reduce**

- Compare sodium in foods like soup, bread, and frozen meals—and choose the foods with lower numbers.
- Drink water instead of sugary drinks.

## **Sodium** As sodium intake for adults decreases, so does blood pressure.

A strong body of evidence exists to support that. There is moderate evidence that the same is true for children. Compare sodium in foods like soup, bread, and frozen meals—and choose the foods with lower numbers.

**Add spices or herbs to season food without adding salt.**

Key recommendations for sodium are as follows:

- Reduce daily sodium intake to less than 2,300 mg
- Further reduce intake to 1,500 mg among persons who are 51 and older and those of any age who are African American or have hypertension, diabetes, or chronic kidney disease.

## **Fat** Eat fewer foods that are high in solid fats.

- Make major sources of saturated fats—such as cakes, cookies, ice cream, pizza, cheese, sausages, and hot dogs—occasional choices, not everyday foods.
- Select lean cuts of meats or poultry and fat-free or low-fat milk, yogurt, and cheese.
- Switch from solid fats to oils when preparing food.

## **Sugar** Choose foods and drinks with little or no added sugars.

- Drink water instead of sugary drinks. There are about 10 packets of sugar in a 12-ounce can of soda.
- Select fruit for dessert. Eat sugary desserts less often.
- Choose 100% fruit juice instead of fruit-flavored drinks.