



## It All Adds Up—Read the Label

1. The label information is based on a serving size of the food. This may be more or less than what you actually eat.
2. Try not to eat foods with saturated fats, trans fats and partially hydrogenated oils, or foods that are high in cholesterol and sodium like fast foods, chips and other snack foods.
3. *Get LESS*—If fat, sodium or cholesterol is less than 5% it is low, greater than 20% is too much.

*Get ENOUGH*—If fiber, vitamins and minerals are less than 5% it is low, greater than 20% is high.

<b>Nutrition Facts</b>	
1	Serving Size 15 crackers (30 g) Servings Per Container 4
Amount Per Serving	
<b>Calories</b> 150	Calories from Fat 70
% Daily Value*	
<b>Total Fat</b> 8 g	12%
Saturated Fat 2 g	10%
2 <b>Trans Fat</b> 2 g	
<b>Cholesterol</b> 0 mg	0%
<b>Sodium</b> 300 mg	13%
<b>Total Carbohydrate</b> 17 g	6%
Dietary Fiber less than 1 g	4%
3 <b>Sugars</b> 1 g	
<b>Protein</b> 4 g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 6%



For more information:  
Toll Free

**1-866-369-9333**

Office of Public Health Nutrition

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