

NUTRITION TO GO



Understanding The Nutrition Facts Label

The Nutrition Facts label is found on most food products. Knowing how to read the Nutrition Facts label can make it easier for you to make healthy food choices.

Look at the serving size first. All of the nutrition information on the label is based on one serving, not the entire package. This includes calories, which is in the biggest print on the label.

The % Daily Value tells you the percentage of each nutrient in one serving, compared to the daily suggested amount.

20% or more= high in the nutrient

Eat foods high in dietary fiber, vitamins and minerals. These nutrients keep you healthy and help lower your risk for disease. Look at the % Daily Value to see if it is high (20% or more).

5% or less= low in the nutrient

Look for foods that are low (5% or lower) in saturated fats, trans fats and sodium. These nutrients are found in a lot of processed foods, and can be dangerous for our health if we eat them often.

Also look out for foods with little to no added sugars. Added sugars are found in soda, fruit drinks, candy, cookies and other snack foods.

Nutrition Facts

8 servings per container

Serving size 1 cup

Amount per serving

Calories 230

% Daily Value*

Total Fat 7g 9%

Saturated Fat 3.5g 18%

Trans Fat 0g

Cholesterol 40mg 13%

Sodium 440mg 19%

Total Carbohydrate 23g 8%

Dietary Fiber 1g 4%

Total Sugars 4g

Includes 0g Added Sugars 0%

Protein 17g

Vitamin D 0mcg 0%

Calcium 181mg 15%

Iron 1mg 6%

Potassium 227mg 4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Vitamin D, calcium, iron and potassium are always listed. **Foods may have other vitamins and minerals that are not listed.**



SUMMER BEAN SALAD

Servings per recipe: 8

Serving size: $\frac{3}{4}$ cup

Prep time: 5 minutes

Directions

1. In a medium bowl, gently mix garbanzo beans, kidney beans, green beans, tomato, and onion.
2. In a small bowl, whisk together the vinegar, oil, and black pepper. Pour dressing over salad and toss gently to coat.
3. Cover, refrigerate for 30 minutes and gently toss before serving.

Ingredients

- 1 (15 oz) can garbanzo beans, drained and rinsed
- 1 (15 oz) can kidney beans, drained and rinsed
- 1 pound fresh green beans, ends snipped and cut into bite-sized pieces
- 1 large tomato, diced
- $\frac{1}{4}$ cup diced red onion
- $\frac{1}{4}$ cup apple cider vinegar
- $\frac{1}{4}$ cup canola or olive oil
- $\frac{1}{8}$ teaspoon black pepper

Using the % Daily Value information from the first page, we can see that this salad is **high in fiber** (29% Daily Value for Dietary Fiber). The fiber in this meal is coming from the garbanzo beans, kidney beans, green beans, tomato and onion.

Nutrition Facts

8 servings per container

Serving size $\frac{3}{4}$ cup

Amount per serving

Calories **220**

% Daily Value*

Total Fat 9g **12%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 230mg **10%**

Total Carbohydrate 29g **11%**

Dietary Fiber 8g **29%**

Total Sugars 5g

Includes 0g Added Sugars **0%**

Protein 9g

Vitamin D 0mcg **0%**

Calcium 78mg **6%**

Iron 2mg **10%**

Potassium 372mg **8%**

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

This salad is a great source of protein and vegetables. To make it a more complete meal, try adding these items:

Fruit: Have a piece of fruit for dessert.

Grains: Serve on top some brown rice or whole wheat toast.

Dairy: Add your favorite cheese.

Adapted from the University of Rhode Island
SNAP-Ed Program