

JUNE

Reading Nutrition Labels: Calories

Nutrition Facts

8 servings per container

Serving size 2/3 cup (55g)

Amount per serving

Calories 230

% Daily Value*

Total Fat 8g 10%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 160mg 7%

Total Carbohydrate 37g 13%

Dietary Fiber 4g 14%

Total Sugars 12g

Includes 10g Added Sugars 20%

Protein 3g

Vitamin D 2mcg 10%

Calcium 260mg 20%

Iron 8mg 45%

Potassium 235mg 6%

* The % Daily Value (DV) 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.

Calories are units of energy people consume from food and beverages.

The human body naturally burns calories through daily living activities, digesting food, and physical activity.

KIDS need 60 minutes of physical activity every day.

ADULTS need at least 75 minutes of vigorous physical activity or 150 minutes of moderate activity each week.



Benefits of Physical Activity

- Strengthen muscles and bones
- Improves health and fitness
- Maintains healthy weight
- Improves sleep
- Improves mood
- Prevents health conditions and diseases

