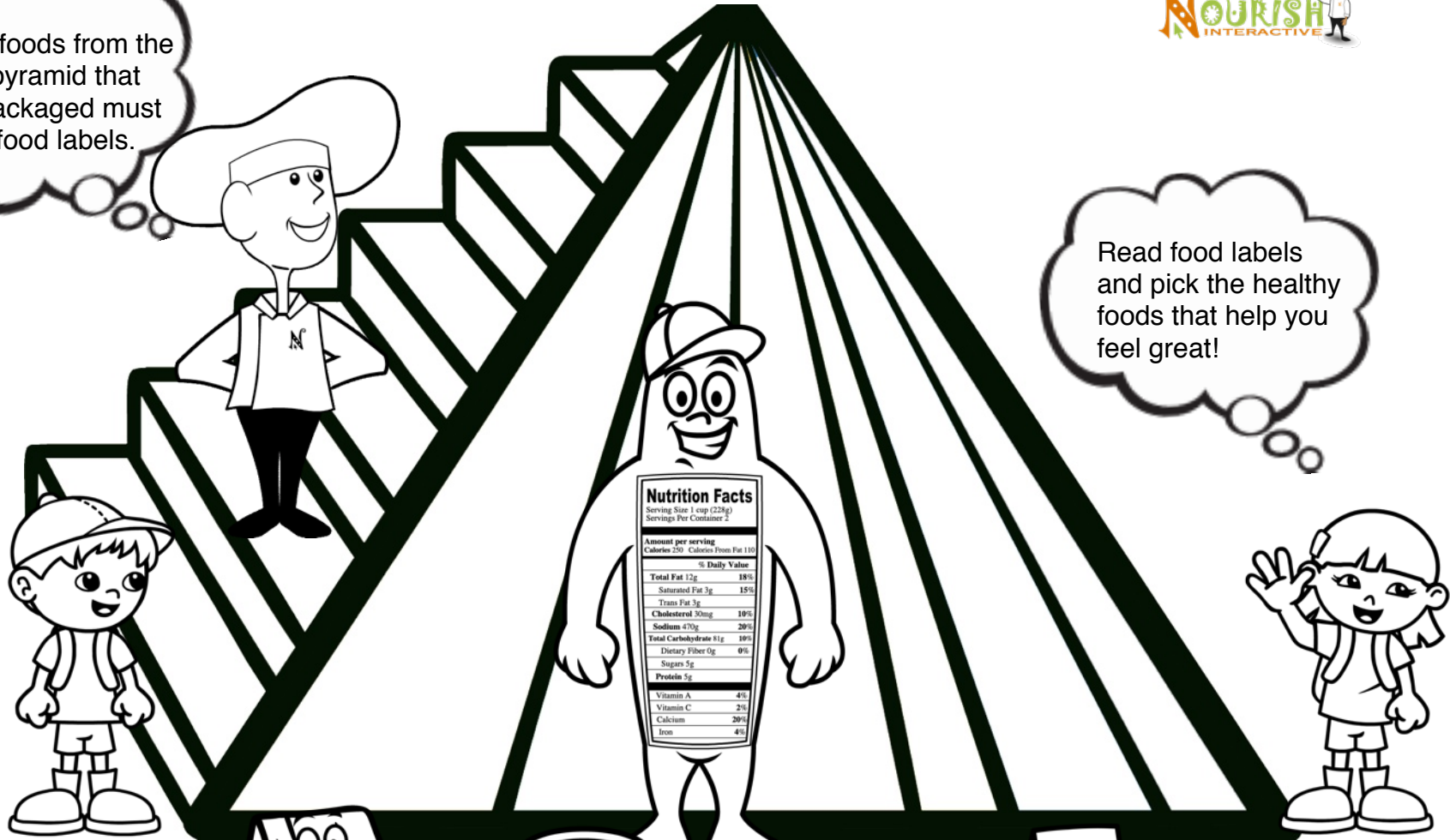


Food Label and the Food Pyramid Coloring Sheet



Even foods from the food pyramid that are packaged must have food labels.

Read food labels and pick the healthy foods that help you feel great!



Nutrition Facts	
Serving Size 1 cup (228g)	
Servings Per Container 2	
Amount per serving	
Calories 250	Calories From Fat 110
% Daily Value	
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 5g	
Cholesterol 30mg	10%
Sodium 470g	20%
Total Carbohydrate 81g	16%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

