



**Useful nutrition tips from
Natalie Greene, RD**

Understanding Food Labels

First look at the Serving Size and the Servings per Container. This will help you identify the right size portion.

Pay close attention to the total number of Calories per Serving. A good rule of thumb is to make sure that for every 100 calories there is no more than 3 grams of fat.

What about Dietary Fiber? 3 grams of fiber or more is a "good" choice, but 5 grams or more is your "best" choice.

Use the % Daily Value to determine what is a high or low number for your daily diet. 5% or less is low; 20% or more is high.

Now you have become a nutrition label expert!

I love suggestions, so if you would like to submit a topic for a future tip, please email it to me.

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