

HEY!

Healthy Excited Youth



What is Nutrition?

Nutrition is the science that interprets the interaction of nutrients and other substances in food in relation to maintenance, growth, reproduction, health and disease of an organism

Take Notes

HEY!- Healthy Excited Youth

Please visit our website for more information, blog posts and citations!

www.healthyexcitedyouth.org

Take Notes

Sample Label for Macaroni and Cheese

1 Start Here →

Nutrition Facts																													
Serving Size 1 cup (228g)																													
Servings Per Container 2																													
Amount Per Serving																													
Calories 250	Calories from Fat 110																												
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2 Check Calories

3 Limit these Nutrients

4 Get Enough of these Nutrients

5 Footnote

6 Quick Guide to % DV

* 5% or less is Low

* 20% or more is High

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Sat Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g