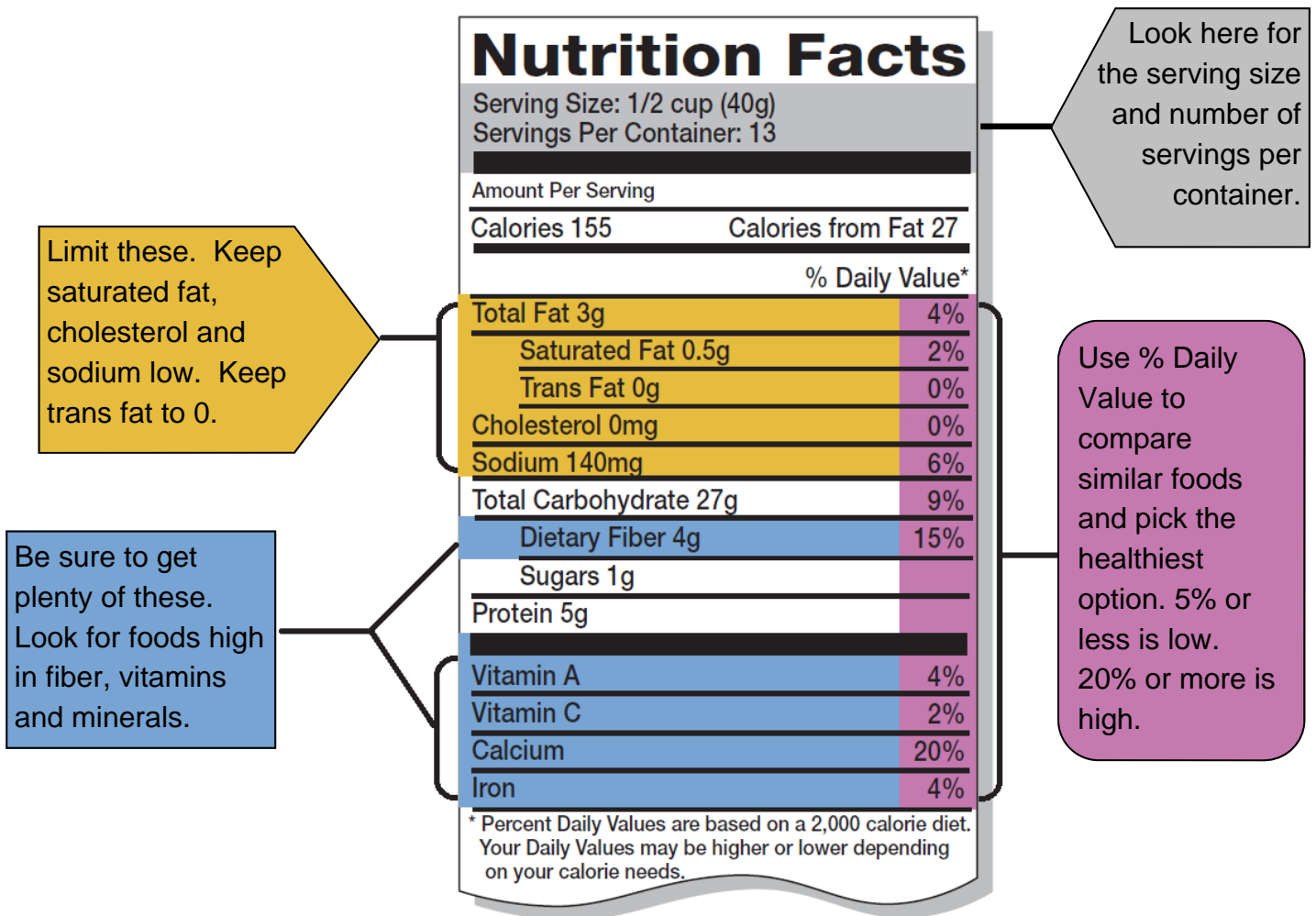


Understanding Food Labels

Why are Nutrition Facts important?

- They tell us how nutritious the food is.
- They help us make healthy choices when we eat.
- You can compare similar foods and pick the healthiest option.



Tip

- Pay attention to the serving size. Note how much food is in **ONE** serving and how many servings are in the package. It's important!