



Eat Right WITH ROUSES

How to read Nutrition Facts

Serving Size

A serving is what we on the Gulf Coast like to call a helping. **The label indicates the nutrition breakdown for ONE serving size (or helping).** If you have a second helping, be sure to multiply all the nutrition values by two. Third helping? You know the drill. If you eat the whole container, look at the servings per container for an easy way to know how much you actually ate.

Calories

The food we eat is made up of calories.

When we eat more calories than we burn, we gain weight. The amount of calories on the label is for one serving size.

An item with 400 calories or more per serving is high — take caution! A better number is 100 calories per serving or below.

Percent Daily Values

At the bottom of labels you may find a break-down of the percent daily value — this never changes on any food label. This section lists the suggested intake of each nutrient based on your calorie intake. Typically, limit yourself to the amounts listed in 2,000 calorie column although calorie intake varies depending on age, gender, and physical activity. The percentages listed in bold on the right tell you the percent contribution of one serving based on the values below. If the %DV for fat is 5%, then one serving of this item should make up 5% of your total daily fat intake.

Tip: 5% DV or less is LOW, 20% DV or more is HIGH.

Nutrition Facts

Serving Size 1 large apple
(242g/8 oz.)

Amount Per Serving

Calories 130 **Calories from Fat** 0

% Daily Value**

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g **0%**

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Potassium 260mg **7%**

Total Carbohydrate 34g **11%**

Dietary Fiber 5g **20%**

Sugars 25g

Protein 1g

Vitamin A 2% • Vitamin C 8%

Calcium 2% • Iron 2%

* 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 per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Eat MORE:

Fiber • Vitamin A • Vitamin C • Calcium

These nutrients help prevent chronic disease by increasing good cholesterol and lowering bad cholesterol. The vitamins and minerals help maintain bone health, keep a healthy heart, younger looking skin, and better eyesight.

Eat LESS:

Fat (saturated & trans) • Cholesterol • Sodium

Having too much of these can increase your risks of heart disease, certain cancers, and high blood pressure. Aim for items with 5% or less of the DV per serving.

www.rouses.com