

What choices are you making?

Nutrition Facts	
Serving Size:	
Calories:	Calories from Fat:
% Daily Value	
Total Fat	0%
Saturated Fat	0%
Trans Fat	0%
Cholesterol	0%
Sodium	0%
Sugars	0%
Protein	0%
Dietary Fiber	0%
Vitamins	0%
Calcium	0%
Iron	0%
Minerals	0%

Start Here {

Limit these {

Get Enough of these {

To help you make the best food choices, read the Nutrition Facts label on packaged foods. Knowing what you eat is just one of the ways you can make better decisions that can reduce your risk of costly health problems. When it comes to the cost of healthcare, your choices make a difference.

Source: U.S. Food and Drug Administration.



NEBRASKA

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