



# When's the last time you had a good read?



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**Reading food labels** can provide important nutrition information to help you maintain a healthy diet. Here are some simple guidelines to get you started:

- Scan the top section of the label for information on serving size, calories, and nutrients
- Look at the bottom portion to get Daily Values (DVs) for 2,000- and 2,500-calorie diets and dietary information for fats, sodium and fiber
- Pay attention to the serving size and number of servings in the food package
- Remember that 40 calories are considered low, 100 calories are moderate and 400 calories or more is high

They may not be a bestseller, but when you read up on food labels, you'll be starting a new chapter on a healthier life.

*Source: Food and Drug Administration*

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