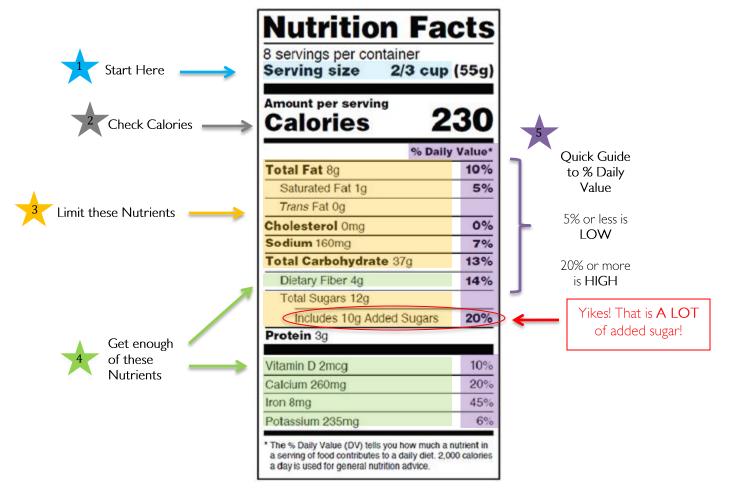
Food Gatherers Healthy Pantry Conversion Project Toolkit





- 1. Check the serving size. All the information on the Nutrition Facts Panel is for this amount. Think about how many servings are in the entire package, and how many servings you consume in one sitting. If you consume twice as much as a serving size, double everything you read on the Nutrition Facts Panel.
- 2. Check calories. This number explains how much energy you are consuming in one sitting. Too many calories can lead to weight gain.
- 3. Limit some nutrients. Consuming too much saturated and trans fat, cholesterol, sodium and added sugars can increase risk of chronic disease, such as heart disease, high blood pressure, overweight and obesity.
- 4. **Get enough of other nutrients.** Eating enough dietary fiber (at least 2 g per serving) and a variety of vitamins and minerals can improve and maintain health.
- 5. Keep the % daily value low (5% or less) for nutrients you want to limit, such as sodium and added sugar.



Adapted from: US Department of Health and Human Services, Food and Drug Administration

