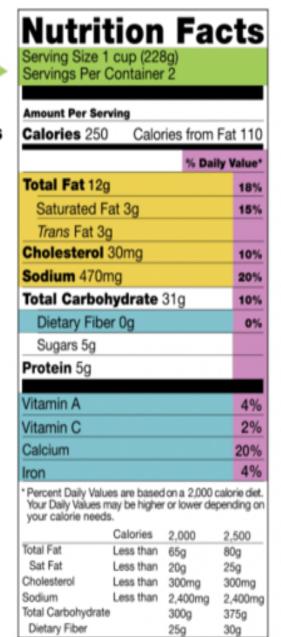
## Read Your Food Labels!

Sample label for Macaroni & Cheese

- 1) Start Here
- (2) Check Calories
- 3 Limit these Nutrients

4 Get Enough of these Nutrients



Quick Guide to % DV

- 5% or less is Low
- 20% or more is High