

## **Your Food Is Trying To Tell You Something**

### ***Video Transcript***

Every day, you make lots of decisions about food.

Understanding what the Nutrition Facts Label is telling you will help you make smart choices!

First, check out Calories.

When comparing foods, remember: 400 calories or more per serving is high, and 100 calories per serving is moderate. Choose the food with lower calories.

Next, look at serving size.

One package may contain more than one serving, so be sure to check!

And finally, use the Nutrition Facts Label to compare foods and choose nutrients wisely.

Look for foods that are lower in certain nutrients, like **sugars**, **saturated fat**, and **sodium**.

If you're trying to see if a food is high or low in a certain nutrient – for example, **sodium** – check the Percent Daily Value, also known as Percent DV (%DV).

Here's an easy tip: 5% DV of a nutrient per serving is low. 20% DV is high. Use % DV to make smart choices!

So pay attention to what the Nutrition Facts Label on your food is saying. It will tell you about calories, serving size, and nutrients.

That's how you can make smart choices that can help you feel great. You'll win every time!

For more information, visit [www.fda.gov/nutritioneducation](http://www.fda.gov/nutritioneducation).

