

Use Nutrition Labels to Help You Make Healthy Choices: Calories and Carbohydrates (Carbs)



Coach Note: Do you wonder how to use calorie and carb information on a Nutrition Facts label? Are 250 calories in a serving of food too much or too little? Are 30 grams of carbs in a serving of food too much or too little? Packaged foods and some fast food and restaurant choices have Nutrition Facts. Use Nutrition Facts information to help you make healthy choices. Compare similar foods and decide on the right serving size.

Meals

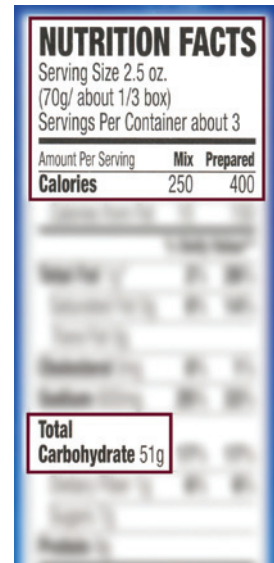
Just the right amount for meals is 400-600 calories and 45-60 grams of carbs.

Just the right amount:

- A frozen dinner may have 400 calories.
- The same frozen dinner has 54 grams of carbs.

Too many calories and carbs:

- A fast food meal (big burger, medium fries and soda) may have 1,140 calories.
- The same fast food meal has 152 grams of carbs.



Snacks

Just the right amount for snacks is up to 120 calories and 15-20 grams of carbs.

Just the right amount:

- 1 container of plain yogurt without sugar may have 100 calories.
- The same yogurt has 15 grams of carbs.

Too many calories and carbs:

- A candy bar may have 280 calories.
- The same candy bar has 35 grams of carbs.

The right amount for a meal is $\frac{1}{3}$ of the box, prepared as directed:
400 calories
51 grams of carbs

Too much for a meal is the whole box:
1,200 calories
153 grams of carbs

Each person needs different amounts of calories and carbs each day. Some people may need to limit the number of snacks a day. **A person should follow any special diet recommended by their doctor or dietitian.**