

Label-Ease®

A Guide to Using Food Labels

RAISE a finger if the food has:

- 10% or more VITAMIN A
- 10% or more VITAMIN C
- 10% or more CALCIUM
- 10% or more IRON
- 10% (5g) or more PROTEIN
- 10% or more FIBER

LOWER a finger if the food has either:

- 10% or more TOTAL FAT
- or 200 CALORIES or more



If any fingers remain up, the food is nutritious.