

LABEL-Ease™

Ease Your Way to a Nutritious Diet

You try to exercise regularly and eat a well-balanced diet, but with your busy schedule, it's tough to keep your body in tip-top shape. Yet, even when **quick and easy** is your top priority, you still can feed your body right.

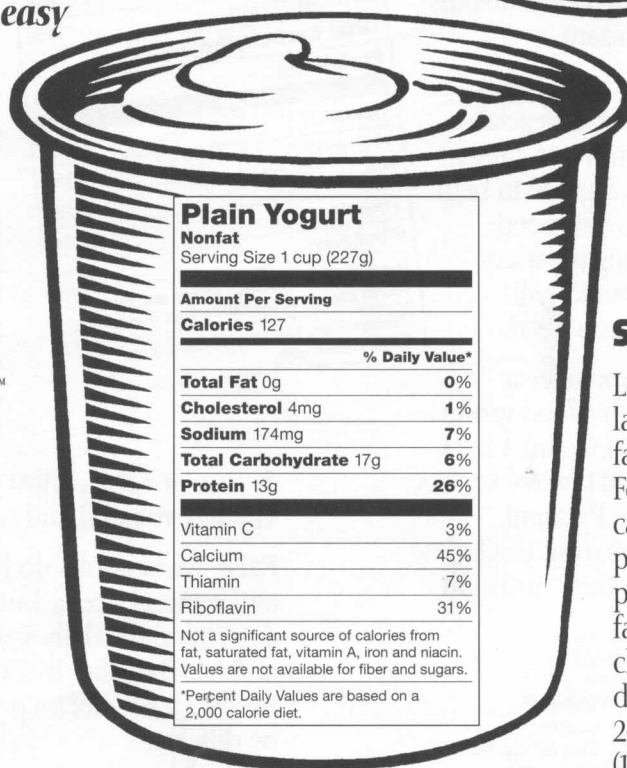
To make sure you're eating the nutrients you need, look at the **Nutrition Facts** of the foods you eat to see how your diet stacks up. You can do this quickly and easily with the "handy" Label-Ease™ counting system.

A "Hand Full" Of Information

An easy way to read food labels is right at your fingertips. All you need is your hand and any food label. All packaged foods must have nutrition labels. Fresh fruits, vegetables and meats may not have labels, but nutrition information should be available where you purchase these items.

Check Out The Food Label

- Look at the percent daily values that are listed on the label. They tell you how a food fits in a 2,000-Calorie-per-day diet.
- Look at the nutrient list on the label. These vitamins and minerals — calcium, fiber, protein, iron and vitamins A and C — are essential to a healthy body. However, some are often missing in the American diet.



Step 2

Look at the top portion of the label. This section lists calories, fat grams and other nutrients. Focus on either fat grams or calories. If you choose total fat, put one finger down if the percent daily value of total fat is more than 10%. If you choose calories, put one finger down if there are more than 200 Calories per serving (10% of the 2,000-Calorie diet).

Step 1

Make a fist to see if you would get these important nutrients from the food you're testing. Raise one finger for each nutrient (calcium, fiber, protein, iron, vitamins A and C) that has 10% or more listed for its percent daily value. (Keep your fingers up.)



What Do You Score?

If you have at least one finger still standing, the food you are testing is nutritious or a "nutrient-plus" food. If you have no fingers up, the food is less nutritious, or a "nutrient-minus" food.