Read Before You Eat!

Good food gives you energy to play sports. It can also help you focus in school. But foods that are high in things like sugar, fat, and salt won't make you feel good. Eating too much of these foods is bad for your health. So before you take a bite, read nutrition labels. They'll help you make the best food choices.

Serving size is the amount one person usually eats. The nutrition facts on the label are for one serving of the food, not the whole package.

Sausage and Pepperoni Frozen Pizza

Nutrition Facts

Serving Size: **1/2 pizza (152g)**

Servings Per Container: **2**

Amount Per Serving

Calories: **380** Calories from Fat: **190**

	% Daily Value
Total Fat: 21g	32%
Saturated Fat: 5g	25%
Trans Fat: 4g	
Cholesterol: 15mg	5%
Sodium: 940mg	39%
Total Carbohydrates: 34g	11%
Dietary Fiber: 1g	4%
Sugars: 3g	
Protein: 14g	28%

Vitamin A: **0%** • Vitamin C: **0%**

Calcium: **15%** • Iron: **10%**

Veggie Combo Frozen Pizza

Nutrition Facts

Serving Size: **1/3 pizza (151g)**

Servings Per Container: **3**

Amount Per Serving

Calories: **300** Calories from Fat: **120**

	% Daily Value
Total Fat: 13g	20%
Saturated Fat: 3g	16%
Trans Fat: 0g	
Cholesterol: 10mg	4%
Sodium: 680mg	28%
Total Carbohydrates: 36g	12%
Dietary Fiber: 1g	4%
Sugars: 4g	
Protein: 10g	20%

Vitamin A: **10%** • Vitamin C: **10%**

Calcium: **15%** • Iron: **15%**

The letter "g" on the label means "grams." A gram is about the same weight as a paper clip. A milligram is 1/1000 of a gram, and is written "mg."

The "% Daily Value" numbers show the amount of protein, vitamins, and other nutrients you should eat. A serving of this pizza has 20 percent, or 1/5, of the protein you need in one day.