

Nonfat Milk	
Serving Size 8 fl oz (240mL)	
Servings Per Container 2	
Amount Per Serving	
Calories 80	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol less than 5mg	1%
Sodium 130mg	5%
Total Carbohydrate 12g	4%
Dietary Fiber 0g	0%
Sugars 11g	
Protein 8g	
Vitamin A 8%	Vitamin C 4%
Calcium 30%	Iron 0% • Vitamin D 25%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

With today's food labels, consumers get nutrition information about almost every food in the grocery store. Almost everyone would benefit from learning to read the Nutrition Facts on food labels, but they are especially important for parents of children with food allergies or who don't eat well, either because they are very picky or because they eat too many foods that aren't very nutritious.

In general, you should choose foods that are low in fat, low in calories, low in cholesterol and high in fiber, except for children under two years of age, who should not have their fat intake restricted.

Serving Size

The serving size refers to the average amount or portion size that a person eats at one time. If the portion of the food that you eat is more or less than the serving size, then you need to adjust the nutrient and calorie values. For example, if you eat twice the amount listed in the serving size, then you must double the nutrient and calorie values. The serving size is stated in both household and metric measures.

Serving Per Container

Refers to the number of servings in the container of food. In the example, if you eat the whole package or container of food, which has four servings, then you must multiply nutrient and calorie values by four.

Amount Per Serving

This is the number of nutrients and calories for each serving of food. A common mistake that people make is to just look at the calorie and nutrient information and not take into account how many servings are in the container. In the above example, if you eat the whole container of food, you might think you were only consuming 90 calories, but the whole container actually contained 4 servings, which would equal 360 calories.

Calories

Refers to the number of calories for each serving of food. Again, take into account how many servings you have had when determining how many calories you have eaten.

% Daily Value

The percent daily value for fat, cholesterol, carbohydrate, sodium, potassium and protein are based on a 2,000 calorie diet. These values may be higher or lower depending on the amount of calories in your diet. Your diet each day should reach 100% for total carbohydrate, dietary fiber, vitamins and minerals.

Total Fat

Fats provide 9 calories per gram. Except for infants and toddlers, most children should limit their fat intake, especially saturated fat. Foods with polyunsaturated or monounsaturated fats (such as olive, peanut, canola, sunflower, corn or soybean oil) are better choices. To improve the health of your heart, your diet should have no more than 30% of calories coming from fat. The different kinds of fat, such as saturated, unsaturated, and trans fat, will be listed separately on the label.

Cholesterol

Like fat, too much cholesterol can contribute to an increased risk of heart disease. Children over 4 years and adults should eat a diet low in cholesterol and should have less than 300mg of cholesterol in their diet each day.

Sodium

Too much sodium or salt in your diet can contribute to high blood pressure. There aren't clear guidelines about the daily requirements for sodium for younger children, but in general you should provide a diet low in sodium and avoided adding extra salt to the foods you prepare for your children.

Total Carbohydrate

Carbohydrates provide 4 calories per gram. Most of the calories in your diet (about 50-60%) should come from carbohydrates, including sugars, starches and fiber.

Protein

Proteins provide 4 calories per gram. Most Americans consume too much protein in their diet. Protein should make up only about 10% of the calories in your diet.

Vitamin A

Milk and formula are excellent sources of Vitamin A, which is a fat soluble vitamin. A deficiency can occur in children with fat malabsorption or with a very poor diet. Vitamin A, a fat-soluble vitamin, plays essential roles in vision, growth, and development; the development and maintenance of healthy skin and hair. Too much Vitamin A can also be harmful.

Vitamin C

Although many parents exceed the recommended daily requirements of Vitamin C to prevent colds and upper respiratory tract infections, there is little research that supports this practice. Too little Vitamin C can lead to scurvy, which is now uncommon, but can occur in infants under one year of age who are exclusively fed cow's milk.

Iron

Having a diet with foods that are high in iron to meet daily requirements is necessary for the development of strong muscles and production of blood. It is generally good to choose foods high in iron. Younger children require about 10mg of iron each day, while older children and adolescents need about 12-15mg a day.

Calcium

Calcium is a mineral that is important for building strong bones and teeth in children . It is also an important way to prevent the development of osteoporosis in adults. Younger children require about 800mg of calcium each day, while older children and adolescents need about 1200-1500mg a day.

On food labels, the calcium content is usually represented as a percentage, such as 4%, 15% or 30%. What does that percentage mean? It is the percentage of the daily value of calcium that you would get by eating one serving of the particular food and it uses 1000mg as 100% daily value. To convert the % to mg, you would need to multiply the % by 1000. So, if a food label that says that it has 30% calcium, it has 30% x 1000, or 300mg.

Sources: USDA Food and Drug Administration
<http://www.keepkidshealthy.com>

Chewy Coconut Macaroons

2 ½ cups flaked coconut
¾ cup all-purpose flour
1/8 teaspoon salt
1 can (14 ounces) fat-free sweetened condensed milk
1 ½ teaspoons almond extract

In a bowl, toss together the coconut, flour and salt. Stir in sweetened condensed milk and almond extract until blended. Mixture will be thick and sticky.

Drop by rounded teaspoonfuls 3 inches apart on baking sheets lightly coated with nonstick cooking spray. Bake at 300 degrees for 18 - 22 minutes or until edges are lightly browned. Cool for 2 minutes before removing to wire racks. Yield: 32 cookies.