

Below are the nutrition facts for original Lays potato chips and Baked Lays. Look at the difference in calories and fat to see how much healthier Baked Lays are for you and your family!



Nutrition Facts	
Serving Size 1 oz. (28g/About 20 chips)	
Servings Per Container 12	
Amount Per Serving	
<b>Calories 150</b>	Calories from Fat 90
% Daily Value*	
<b>Total Fat 10g</b>	<b>15%</b>
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 180mg	8%
<b>Total Carbohydrate 15g</b>	<b>5%</b>
Dietary Fiber 1g	4%
Sugars 0g	
<b>Protein 2g</b>	
Vitamin A 0%	Vitamin C 10%
Calcium 0%	Iron 0%
Vitamin E 6%	Thiamin 4%
Niacin 6%	Vitamin B <sub>6</sub> 4%
Phosphorus 4%	Zinc 2%
* 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
Calories per gram:	
Fat 9	Carbohydrate 4 Protein 4

Nutrition Facts	
Serving Size 1 oz. (28g/About 11 crisps)	
Servings Per Container 10	
Amount Per Serving	
<b>Calories 110</b>	Calories from Fat 15
% Daily Value*	
<b>Total Fat 1.5g</b>	<b>2%</b>
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 150mg	6%
<b>Total Carbohydrate 23g</b>	<b>8%</b>
Dietary Fiber 2g	6%
Sugars 0g	
<b>Protein 2g</b>	
Vitamin A 0%	Vitamin C 2%
Calcium 4%	Iron 2%
Thiamin 4%	Niacin 6%
Vitamin B <sub>6</sub> 4%	Phosphorus 8%
Zinc 2%	
* 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
Calories per gram:	
Fat 9	Carbohydrate 4 Protein 4

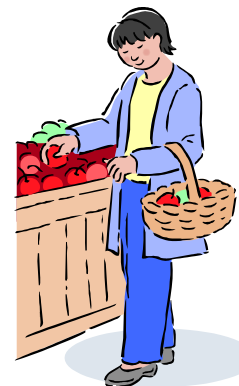


## WHAT'S IN YOUR FAVORITE FOODS?

Food labels provide nutrition facts and information about the foods that your family eats.



Reading the food label can help you to increase the healthy nutrients that you want your family to eat, like calcium and fiber. It can also help you eat less of the nutrients that can be unhealthy, like fat, saturated fat, cholesterol, and sodium.



You can also use the food label to compare foods at the supermarket and choose the healthiest items.

“Say to him: 'Long life to you! Good health to you and your household! And good health to all that is yours!’” (1 Samuel 25:5-7)

# How to Read a Food Label

Pay special attention to the serving size, especially how many servings there are in the food package. In the sample label, one serving of macaroni and cheese equals one cup. If you ate the whole thing, you would eat **two** cups. That doubles the calories, fats, and everything else, including the Percent Daily Values shown in the sample label.

Most people eat enough or too much fat, saturated fat, trans fat, sodium, or cholesterol. Eating too much of these items may increase your risk of certain chronic diseases, like diabetes, heart disease, some cancers, or high blood pressure. In order to stay healthy, keep your saturated fat, trans fat and cholesterol intake as low as possible.

Foods that have more than 480 milligrams of sodium per serving are considered to be dangerously high in salt and should not be eaten regularly, according to the American Medical Association.

Many people do not eat the recommended amount of dietary fiber, vitamin A, vitamin C, calcium, and iron. Eating enough of these nutrients can improve your health and help reduce the risk of chronic diseases and other conditions. Use the **Quick Guide to % DV** (Daily Values) on the other side of the page to see whether you are getting the right amount of these nutrients.

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 Bronx Health REACH works with the Bronx faith-based community to improve health and get access to better health care. If you have any questions about Bronx Health REACH, contact Bethany Gotkin at 212-633-0800 ext. 328.  
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## Sample label for Macaroni & Cheese

<b>Nutrition Facts</b>	
Serving Size 1 cup (228g)	
Servings Per Container 2	
Amount Per Serving	
<b>Calories</b> 250	Calories from Fat 110
% Daily Value*	
<b>Total Fat</b> 12g	<b>18%</b>
Saturated Fat 3g	<b>15%</b>
Trans Fat 3g	
<b>Cholesterol</b> 30mg	<b>10%</b>
<b>Sodium</b> 470mg	<b>20%</b>
<b>Total Carbohydrate</b> 31g	<b>10%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 5g	
<b>Protein</b> 5g	
<b>Vitamin A</b>	<b>4%</b>
<b>Vitamin C</b>	<b>2%</b>
<b>Calcium</b>	<b>20%</b>
<b>Iron</b>	<b>4%</b>
* 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

### Quick Guide to % DV

- 5% or less is Low
- 20% or more is High