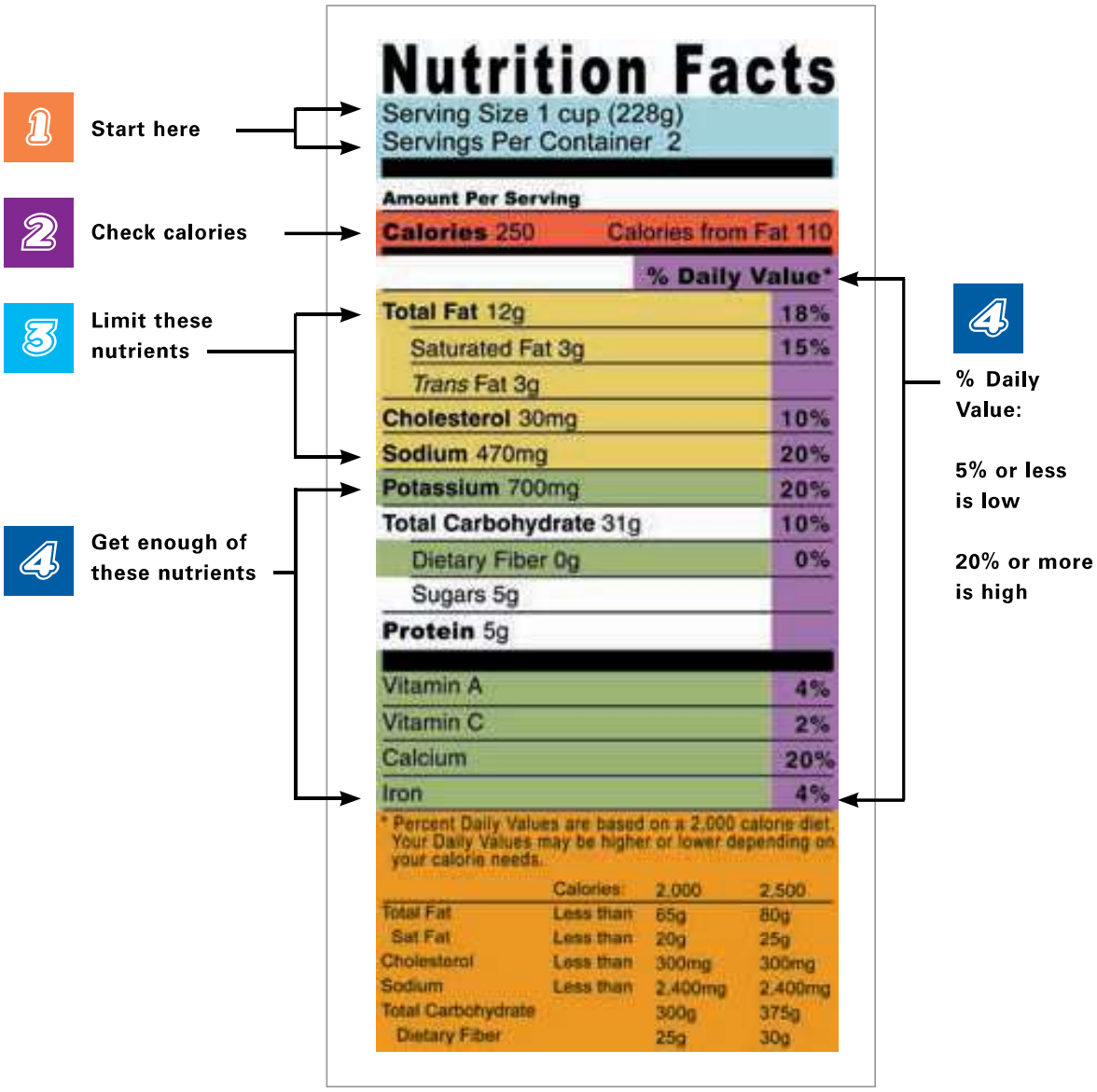
Check The Facts

What you need to know about the Nutrition Facts label



What Size is a Serving?

Fruit: 1 medium fruit, about the size of a baseball	 = 
Vegetables: ½ cup, about the size of a small computer mouse	 = 
Cheese (low-fat or fat-free): 1½ ounces, about the size of six dice	 = 
Pasta (cooked): ½ cup, about the size of a small computer mouse	 = 
Seafood or lean meat: 2–3 ounces, about the size of a deck of cards	 = 

You can get more information at **www.choosemyplate.gov.**

Source: U.S. Department of Agriculture and U.S. Department of Health and Human Services. Dietary Guidelines for Americans, 2010. 7th Edition, Washington, D.C.: U.S. Government Printing Office. December 2010.