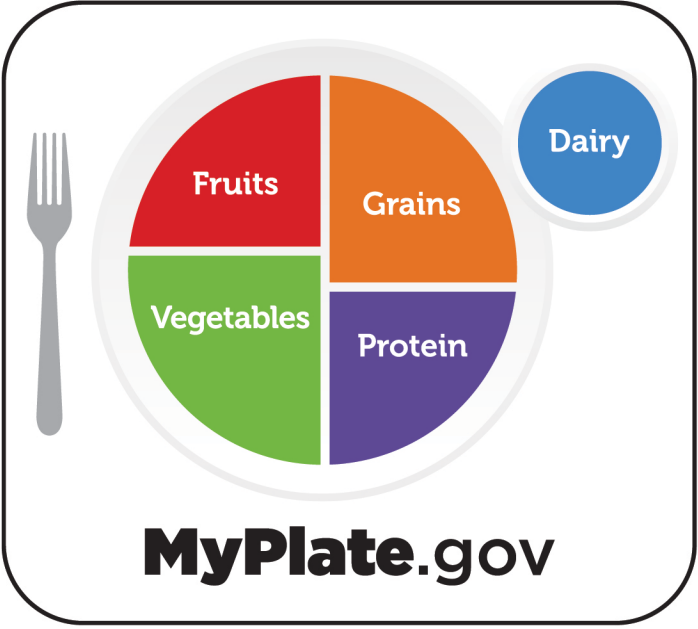


# Using the Nutrition Facts Label and MyPlate to Make Healthier Choices

The Nutrition Facts label’s refreshed design and updated information will make it easier for you to make informed food choices that contribute to lifelong healthy eating habits. Using the Nutrition Facts label together with MyPlate can help you be healthier now and in the future. [After all, what you eat and drink over time matters.](#)

<b>Nutrition Facts</b>	
About 13 servings per container	
<b>Serving size 6 crackers (30g)</b>	
<b>Amount per serving</b>	
<b>Calories</b>	<b>120</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 3.5g	<b>4%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carbohydrate</b> 20g	<b>7%</b>
Dietary Fiber 3g	<b>11%</b>
Total Sugars 0g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 3g	
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 0.7mg	4%
Potassium 120mg	2%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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## What's New With the Nutrition Facts Label?

Calories and serving sizes now appear in a larger font. Daily Values and serving sizes have been updated. Added sugars, vitamin D, and potassium are now listed and manufacturers must declare the amount in addition to the percent Daily Value for vitamins and minerals.

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## Create a Healthier Eating Style With MyPlate

[MyPlate](#) is a reminder to find your healthy eating style and build it throughout your lifetime. MyPlate offers ideas and tips to help you create an eating style that meets your individual needs and can improve your health. MyPlate offers [recipes](#), [tips for eating healthy on a budget](#) and many other helpful [resources](#).

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## Find Out How Many Calories You Need and Your Food Group Targets With the MyPlate Plan

The [MyPlate Plan](#) is a personalized food plan based on your age, sex, height, weight, and physical activity level. It helps you figure out how many calories you need each day and shows you food group targets—what and how much to eat within your calorie allowance. Get your MyPlate Plan at <https://www.myplate.gov/myplate-plan> (also available in [Spanish](#)).

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## Use the MyPlate Plan and the Nutrition Facts Label Together

Now that you have your MyPlate Plan, aim to meet your MyPlate food group goals for [vegetables](#), [fruits](#), [grains](#), [protein foods](#), and [dairy](#). You can use the Nutrition Facts label to monitor calories and nutrients in packaged foods and drinks and more often choose items higher in dietary fiber, vitamin D, calcium, iron, and potassium and lower in saturated fat, sodium, and added sugars.

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Learn more about the new Nutrition Facts label at: [www.FDA.gov/NewNutritionFactsLabel](http://www.FDA.gov/NewNutritionFactsLabel)