

**THE LOWER MISSISSIPPI DELTA NUTRITION INTERVENTION
RESEARCH INITIATIVE**

**A PILOT INTERVENTION STUDY TO IMPROVE DIET AND
HEALTH IN THE LOWER MISSISSIPPI DELTA**

STUDY PROTOCOL

September, 2000

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Label Reading for Fat Content: Look on the label for the fat grams. Look for foods with 3 grams of fat or less per 100 calories.

Nutrition Facts			
Serving Size 1 oz. (28g/about 21 pieces)			
Servings Per Container 10			
Amount Per Serving			
Calories 150		Calories from Fat 80	
		% Daily Value*	
Total Fat 9 g			14%
Saturated Fat 2g			10%
Cholesterol 0mg			0%
Sodium 300mg			12%
Total Carbohydrate 16 g			5%
Dietary Fiber less than 1g			1%
Sugars less than 1g			
Protein 2g			
Vitamin A 0%		Vitamin C 0%	
Calcium 0%		Iron 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

← Look at the **Serving Size**. (Is this the amount you ate?)

← Look at the **Total Fat grams per serving**.

What if you eat a larger serving than is listed on the label?

You will be eating more fat grams than are listed on the label.

