When reading nutrition labels, keep in mind that the Nutrition Facts are based on serving size. If you are choosing to eat more than the one serving size, you will need to multiply the numbers by how many servings you plan to eat.

Choose foods that are lower in fat, cholesterol, and sodium. These can increase your risk of heart disease, high blood pressure, obesity and some cancers.

These nutrients help improve your health. Most people don’t get the proper daily amount of vitamins and supplements that the body needs. Look for foods with 10% or higher of these nutrients in the Daily Value Column.

The number of calories your body needs on a daily basis depends on your age, gender, and level of physical activity.

Sugar isn’t all bad for you. Some sugar is good and needed for energy but some sugar is bad. Limit your Added Sugars to less than 10% of your daily calories.

These percentages are based on an average adult’s daily calorie count needs of 2,000. **Children have very different calorie needs** based on age, gender, height and weight.

To find out daily recommended calorie count for children ages 2 through 14 go to: [www.choosemyplate.gov/MyPlate-Daily-Checklist](http://www.choosemyplate.gov/MyPlate-Daily-Checklist)

**LOOK**

**COUNT**

**HEART TALK**

**LIMIT**

**GET MORE**

**% DAILY**
The Child Nutrition (CN) Label is a product label which contains a statement from the USDA Food and Nutrition Service that clearly identifies the contribution that product makes towards the CN meal pattern requirements.

**BREADED DINOSAUR**

**SHAPED CHICKEN NUGGETS WITH 100% RIB MEAT**


CONTAINS: EGG, SOY, WHEAT

HEATING INSTRUCTIONS: From Frozen: Heat in Convection Oven for 5-8 minutes at 375°F. Convectional Oven for 7-10 minutes at 400°F. Appliances vary, adjust cook times accordingly.

<table>
<thead>
<tr>
<th>Serving Size</th>
<th>5 Corn Dog (96g)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Serving Per Container</td>
<td>about 24</td>
</tr>
</tbody>
</table>

**Nutrition Facts**

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories: 230</th>
<th>Calories from Fat: 90</th>
</tr>
</thead>
<tbody>
<tr>
<td>% Daily Values **</td>
<td>Total Fat: 10g</td>
<td>Saturated Fat: 2.5g</td>
</tr>
<tr>
<td></td>
<td>Cholesterol: 55mg</td>
<td>Trans Fat: 0g</td>
</tr>
<tr>
<td></td>
<td>Sodium: 560mg</td>
<td>Total Carbohydrate: 16g</td>
</tr>
<tr>
<td></td>
<td>Total Carbohydrate: 16g</td>
<td>Dietary Fiber: 0g</td>
</tr>
<tr>
<td></td>
<td>Protein: 16g</td>
<td>Sugars: 0g</td>
</tr>
</tbody>
</table>

**Nutrition Label**

**FULLY COOKED • KEEP FROZEN**

PACKED 24 - .88OZ. (461G) • NET WT 5.25 LB

**CN Label**

Five .88oz breaded fully cooked chicken nuggets (2.43 oz Total) provide 2.00 oz equivalent meat/meat alternate and 1.00 serving bread alternate for Child Nutrition Meal Pattern Requirements. (Use of this logo and statement authorized by the Food and Nutrition Service, USDA 00-00.)

**Six Digit ID#**

Assigned by the FNS USDA.

**Date/Month**

Approved by the FNS USDA.

**THE MATH**

**Equivalent Calculation Lunch/Supper**

**Meat**

1 & 2 year olds (1 oz) = 3 nuggets
3-5 year olds (1.5 oz) = 4 nuggets
6-12 year olds (2 oz) = 5 nuggets

**Grain**

1 & 2 year olds (1/2 oz) = 1.5 nuggets
3-5 year olds (1/2 oz) = 1.5 nuggets
6-12 year olds (1 oz) = 3 nuggets

**Child Nutrition labels do NOT indicate that a product is healthy.** CN labels are mainly used on processed meats and meat alternate products. If using CN labeled foods, always read the nutrition labels to choose the healthiest option.

*The crediting here is specific to the to the nuggets shown in the example above. Be sure to check the label or nutrition information for all foods you serve to make sure you are meeting minimum requirements.*

Learn more at cacfp.org

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