To eat a healthy diet, read the label — it will tell you what you're eating! Look at the two most important parts of the label: the nutrition information and the ingredient list.

1. Look at the serving size, and see how many servings there are in the package. **ONE PACKAGE IS NOT ALWAYS ONE SERVING!**
2. See how many calories the food has. Don't eat more calories than you need or you will gain weight.
3. Watch for foods that contain too much cholesterol or sodium.
4. Make sure the food you want to eat will give you the nutrients you need. The label will show you what percent of your daily need for a nutrient one serving provides.
5. Look at the ingredient list. The ingredients are listed in descending order based on amount. For example, most sodas contain more carbonated water and high fructose corn syrup than any other ingredient, so they are listed first.