5 Steps for Reading **Nutrition Labels**

When you're trying to eat healthy, reading nutrition labels can help you.

Here are 5 steps for reading nutrition labels to help you make healthy food choices:

1. **Start with serving size.**
2. **Look at the calorie count.**
3. **Know your daily values.**
4. **Understand how to use your daily values.**
5. **Read the ingredients.**

Want more?

For more information about reading nutrition labels, visit **PacificSource.com/nutritionlabels.**

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