Hip to BE Fit® Challenge:
Learn how to read food nutrition labels, so you can make healthy and intelligent food choices for the rest of your life. Share a photo or video of the food labels you have found using the form on the website at [www.ndi-nm.org/hiptobefit](http://www.ndi-nm.org/hiptobefit).

Supplies needed:
Food labels at your house

1. Gather 4 nutrition labels from items around your house. Find the:
   - Serving Size
   - Calories
   - Total Fat
   - Total Carbohydrates
   - Total Fiber
   - Total Sugars
   - Protein

2. Find the Nutrition Facts:
   - 6 servings per container
   - Serving size 1 cup (68g)
   - Calories 370
     - % Daily Value
       - Total Fat 5g 7%
       - Saturated Fat 1g 3%
       - Trans Fat 0g
       - Cholesterol 0mg 0%
       - Sodium 10mg 0%
       - Total Carbohydrate 44g 15%
       - Dietary Fiber 5g 16%
       - Total Sugars 13g
       - Includes 10g Added Sugars 20%
       - Protein 12g

3. Ask yourself, how much do you usually eat of this product compared to the recommended serving size?

4. Which items have the most calories or the least?

5. How will reading labels help you to eat more nutritiously?