Below are the nutrition facts for original Lays potato chips and Baked Lays. Look at the difference in calories and fat to see how much healthier Baked Lays are for you and your family!

### What's in Your Favorite Foods?

Food labels provide nutrition facts and information about the foods that your family eats.

Reading the food label can help you to increase the healthy nutrients that you want your family to eat, like calcium and fiber. It can also help you eat less of the nutrients that can be unhealthy, like fat, saturated fat, cholesterol, and sodium.

You can also use the food label to compare foods at the supermarket and choose the healthiest items.

“Say to him: ‘Long life to you! Good health to you and your household! And good health to all that is yours!’” (I Samuel 25:5-7)
How to Read a Food Label

Pay special attention to the serving size, especially how many servings there are in the food package. In the sample label, one serving of macaroni and cheese equals one cup. If you ate the whole thing, you would eat **two** cups. That doubles the calories, fats, and everything else, including the Percent Daily Values shown in the sample label.

Most people eat enough or too much fat, saturated fat, trans fat, sodium, or cholesterol. Eating too much of these items may increase your risk of certain chronic diseases, like diabetes, heart disease, some cancers, or high blood pressure. In order to stay healthy, keep your saturated fat, trans fat and cholesterol intake as low as possible.

Foods that have more than 480 milligrams of sodium per serving are considered to be dangerously high in salt and should not be eaten regularly, according to the American Medical Association.

Many people do not eat the recommended amount of dietary fiber, vitamin A, vitamin C, calcium, and iron. Eating enough of these nutrients can improve your health and help reduce the risk of chronic diseases and other conditions. Use the **Quick Guide to % DV (Daily Values)** on the other side of the page to see whether you are getting the right amount of these nutrients.

Bronx Health REACH works with the Bronx faith-based community to improve health and get access to better health care. If you have any questions about Bronx Health REACH, please contact us at 212-633-0800 ext. 1232.