What choices are you making?

Nutrition Facts		
Serving Size		
Calories	Calories from Fat	
		% Daily Value
Total Fat		%
Saturated Fat		%
Trans Fat		%
Cholesterol		%
Sodium		%
Sugars		%
Protein		%
Dietary Fiber		%
Vitamins		%
Calcium		%
Iron		%
Minerals		%

Start Here

Limit These

Get Enough of These

To help you make the best choices, read the Nutrition Facts label on packaged foods. Knowing what you eat is just one of the ways you can reduce your risk of costly health problems. When it comes to the cost of health care, your choices make a difference.

Learn more at **www.bluecrossmn.com**

Source: U.S. Food and Drug Administration

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