What choices are you making?

	Nutrition Facts	
Start Here	Serving Size	
	Calories	Calories from Fat
		% Daily Value
Limit These	**Total Fat**	%
	Saturated Fat	%
	Trans Fat	%
	Cholesterol	%
	Sodium	%
	Sugars	%
Get Enough of These	**Protein**	%
	Dietary Fiber	%
	Vitamins	%
	Calcium	%
	Iron	%
	Minerals	%

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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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