

# Nutrition Information: Fast and Easy with Facts Up Front

## What is Facts Up Front?

Facts Up Front gives you the product's nutrition information right on the front of the package. This way, you can quickly scan and compare foods and drinks on your shopping list.

## What does the label tell me?

Facts Up Front helps you track calories and nutrients to eat less of, like sugars and fat, and nutrients to eat more of, like vitamins and fiber.



## Why is Facts Up Front important?

Facts Up Front is helpful if you're watching your weight, or are looking for certain nutrients because of health needs.

<i>So if you:</i>	<i>Look for:</i>
<i>Are Pregnant</i>	<i>Calories, Calcium, Iron, Vitamin D</i>
<i>Are a Parent of Young Children</i>	<i>Calories, Saturated Fat, Sodium, Sugars, Calcium, Iron, Vitamin D</i>
<i>Are Overweight</i>	<i>Calories, Saturated Fat, Sugars</i>
<i>Have High Blood Pressure (hypertensive)</i>	<i>Sodium, Potassium, Fiber</i>
<i>Have Diabetes</i>	<i>Sodium, Sugars, Fiber</i>

## Where can I find Facts Up Front?

Facts Up Front is on many of your favorite foods, like cereal, soup and peanut butter.

