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**100% Effective Natural Hormone Treatment**  
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**Impair Healthy Healing In People Over The Age Of 30!**

**Read It Before You Eat It**

**By MalaMaal.com**

Read It Before You Eat It!

Curious George and the New Food Label

Curious George is always curious about food! He has lots to tell boys and girls—and their families—about the new food label.

Read some labels with George. And have fun as you learn about them together.

Curious George doesn't monkey around with food!

Curious George always looks before he eats Breakfast, lunch, or tasty treats

Before it hits the table, He checks out the food label...

That food info label!

Curious George is a smart monkey! Labels help him learn about foods he eats. Even his favorite foods have labels. Your favorites do, too.

From milk to marshmallows, labels tell about nutrients in all kinds of foods. Curious George wants you to know about nutrients you see on food labels.

Look at the label for George's favorite treat—Banana Munchie Crunchies. Find the nutrients:

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Banana Munchie Crunchies Nutrition Facts Serving Size 1 cup (60 g) Servings per Container 2  
Amount per serving Calories 210 Calories from Fat 25

## Read It Before You Eat It

% Daily Value\* Total Fat 3g 5% Saturated Fat 1g 3% Cholesterol  
0mg 0% Sodium 270mg 11% Total Carbohydrate 42g 15% Dietary  
Fiber 6g 24% Sugars 15g Protein 4g

Vitamin A 30% Vitamin C 2% Calcium 2% Iron 30%

\* Percent Daily Values are based on a 2000 calorie diet.

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Unscramble the nutrients you see below. Like George, you'll know how nutrients help you grow strong and healthy.

TROYHADRACEB gives you energy to learn and play. This nutrient comes from food, such as bread.

Energy has another name, calories.

TAF provides calories, too. George gets most of his calories from carbohydrate and less from fat.

ROTENIP builds muscles and helps you grow.

NATMIVI s keep you skin healthy and hair shiny. Some help heal your cuts and help you see in the dark, too.

CLAMUIC helps grow strong bones and teeth.

ORIN is an important part of your blood.

MISOUD helps control fluid, such as perspiration, in your body.

REBIF helps you digest food.

To stay healthy Curious George needs the right mix of these nutrients from foods during the day. So do you!

That's why George checks out food labels. Then he picks foods for breakfast, lunch and his favorite treats.

Like Curious George , read it before you eat it.

George reads the package sides and backs To find a food's Nutrition Facts.

He sees the serving size, Then checks on nutrients inside... That food info label!

Food labels give George the facts about the servings, calories and nutrients in food. All the Nutrition

## Read It Before You Eat It

Facts are just for one serving.

Be like Curious George. Step by step, read the food label on Banana Munchie Crunchies! Ask someone to help you. He or she will learn about labels with you.

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Find the Serving Size. How much is one serving?

How many servings does the container have?

Check the Calories. How many calories does one serving have?

That's how much energy Banana Munchie Crunchies gives. If you're seven to ten years old, you need about 2000 calories each day.

Figure it out. How many calories do two servings have?

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Circle the % Daily Value on the label. The symbol % means percent, or part of the whole. The % Daily Value column makes it easy to see if a food has a lot or a little of different nutrients such as fat or calcium.

Here's how. If the number in this column is 50% it would mean that one serving would be half the amount of fat for one day. That's a lot. For Banana Munchie Crunchies, the % Daily Value for fat is 5—that's a little.

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Look at the percent column of the food label. In one serving how much of the following nutrients can you find?

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Fiber Vitamin A Iron Calcium Fat

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To learn about percents, George took bites from a slice of bread. The whole slice is 100%. The small bite is 10%, or part, or the whole slice. The bite that is 25% is bigger!

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Go label hunting with Curious George. Follow the maze in the Monkeyville Food Store to find him. Look at the food labels along the way.

Be like Curious George. Go on a label hunt in the supermarket with someone in your family.

In each part of the store, check food packages from top to bottom and side to side. Find food labels with nutrition facts.

Look for nutrition facts on signs where fresh fruits, vegetables, meat and fish are sold, too.

What foods did you find in the store with nutrition facts?

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Read the labels at the kitchen table!

Now join George for some label fun With foods you find in your kitchen.

For favorites on your table, Read what's on the label... That food info label!

By reading food labels you see that foods aren't the same. They have more of some nutrients and less of others.

Hunt for food labels like Curious George does!

George finds food labels in the store On boxes, cans and jars galore.

Near fresh fruits, veggies, meats, The signs give facts on foods he eats... That food info label!

Here's another label hint from Curious George:

You may get nutrition facts on your favorite restaurant. Just ask!

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For more news about nutrition and the new food label, contact:

## Read It Before You Eat It

FDA/USDA Food Labeling Education Information Center National Agricultural Library 10301 Baltimore Blvd. Room 304 Beltsville, MD 20705–2351 Phone: 301–504–5719 Fax: 301–504–6409

USDA Food Safety and Inspection Service 14th Street and Independence Ave. SW Room 1180 South Washington, DC 20250 USDA Meat and Poultry Hotline 800–535–4555

USDA Cooperative Extension System Call the Cooperative Extension Service in your city or county. You can find the number in the government pages of your area phone book or by calling information. Or use email at [agam@esusda.gov](mailto:agam@esusda.gov).

American Cancer Society 1599 Clifton Road, NE Atlanta, GA 30329 800–ACS–2345

The American Dietetic Association 216 West Jackson Blvd., Suite 800 Chicago, IL 60606–6995  
Consumer Nutrition Hot Line 800–366–1655

American Heart Association 7272 Greenville Ave. Dallas, TX 75231 Heart Information Service  
800–242–8721

American Academy of Pediatrics Department C, Nutrition P.O. Box 927 Elk Grove Village, IL  
60009–0927 (Please include a self-addressed stamped envelope)

International Food Information Council Foundation 1100 Connecticut Ave. NW Suite 430 Washington,  
DC 20036

Juice Labeling c/o The Florida Department of Citrus 1115 East Memorial Blvd. P.O. Box 148 Lakeland,  
FL 33802

Label Power c/o The Sugar Association, Inc. 1101 15th Street NW Suite 600 Washington, DC 20005  
202–785–1122

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### **Protein power diet**

**By Boeafitness.com**

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Protein power diet  
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Read the original article

If your tired of yoyo diets and looking for the right one for you this may be the one. It's a high protein diet and you can eat as much as you want.

This includes fish ,beef , chicken and yes pork.

Here is a list of what you can eat, and a list of what you can't.

Foods that you can eat on this diet

Eggs

Bacon

Ham

Butter

Cheese

Nuts

## Read It Before You Eat It

High fat salad dressing

Chicken

Steak

Spinach

Broccoli

Cauliflower

Straw Berries

Whey Protein

Foods you should eat less of on this diet

Potatoes

Rice

Breads

Cereal

Candy

Cake

Cookies

Carrot's

Bananas

Apples

Webmaster of Boefitness.com

Boefitness.com

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