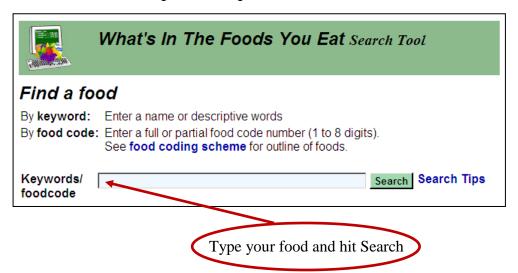


What's In The Foods You Eat Search Tool

The USDA database has information on over 13,000 common foods.

- → Go to: http://www.usda.gov
- → On the top bar, under "Topics" click on "Food and Nutrition"
- → Click "What's in the Foods You Eat Search Tool"
- \rightarrow Select the Online option to open the search box



- → Select your food from the list
- → Select food amount and hit "View Nutrients"
- → Scroll the table to look up amounts of fat, sugars, fiber, sodium, potassium and other vitamins and minerals.

Disclaimer: This document is for informational purposes only and is not intended to take the place of the care and attention of your personal physician or other professional medical services. Talk with your doctor if you have Questions about individual health concerns or specific treatment options.

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