



For information on "How to Understand and Use the Nutritional Facts Label" visit the website for the Center for Food Safety and Applied Nutrition with the U.S. Food and Drug Administration.

[www.cfsan.fda.gov/~dms/foodlabel.html](http://www.cfsan.fda.gov/~dms/foodlabel.html)

To take an interactive quiz on Nutritional Facts Labels, visit [www.cfsan.fda.gov/~dms/flquiz1.html](http://www.cfsan.fda.gov/~dms/flquiz1.html)

To search the USDA National Nutrient Database, visit <http://www.nal.usda.gov/fnic/foodcomp/search>