

RAISE a finger if the food has:

- 10% or more **VITAMIN A**
- 10% or more **VITAMIN C**
- 10% or more **CALCIUM**
- 10% or more **IRON**
- 10% (5 g) or more **PROTEIN**
- 10% or more **FIBER**

LOWER a finger if the food has either:

- 10% or more **TOTAL FAT**
- or **200 CALORIES** or more

If any fingers remain up, the food is nutritious.

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