**NutriBytes**

**Mini Messages for Smart Brains**

**Limit Foods High in These.**
When consumed in excess, these nutrients have negative effects on your health.

**Eat Foods Rich in These.**
These nutrients promote good health and protect against disease.

**Consume a Balanced Diet.**
This section shows daily recommendations based on a 2,000 and 2,500 calorie diet. Remember: Everyone’s needs vary. To estimate your needs, visit [ChooseMyPlate.org](http://www.choosemyplate.org).

![Nutrition Facts](http://www.he.k-state.edu/fnp/displays/Nutrition%20Facts%20Label/nutrilabel.png)

**Check Calories.**
These numbers represent one serving.
- Eating ½ cup would provide 300 calories and 10 calories from fat.

**Start Here!**
Most items contain more than one serving.
The nutrition facts below are based on one serving.
When comparing two products make sure the serving sizes are equal.

**5/20 Rule:**
5% or less classifies the nutrient as low (nutrients highlighted in yellow should fall here).
20% or more classifies the nutrient as high (nutrients highlighted in green should fall here).

Sources:
www.vanderbilt.edu/wellnesscenter


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Wellness Resource Center