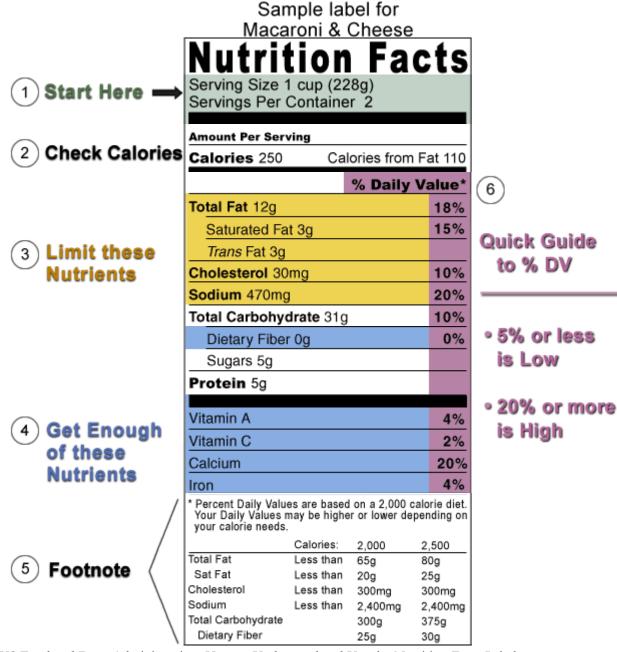


Nutrition Information Resources

- 2010 Dietary Guidelines for Americans
- American Dietetic Association
- ChooseMyPlate.gov
- Campbell, BI, and Spano, MA. NSCA's Guide to Sport and Exercise Nutrition. Champaign, IL: Human Kinetics; 2011.
- Reimers, K. NSCA Essentials of Strength and Conditioning (3rd ed.)
 Champaign, IL: Human Kinetics; 201-233, 2008.
- Nutrition labels (become familiar with navigating a label; see pages 2 & 3)



US Food and Drug Administration. How to Understand and Use the Nutrition Facts Label. (http://www.fda.gov/Food/LabelingNutrition/ConsumerInformation/ucm078889.htm). Updated March 2011.

Supplement	Facts
Serving Size 1 Capsule	
Amount Per Capsule	% Daily Value
Calories 20	
Calories from Fat 20	
Total Fat 2 g	3%∗
Saturated Fat 0.5 g	3%*
Polyunsaturated Fat 1 g	†
Monounsaturated Fat 0.5 g	†
Vitamin A 4250 IU	85%
Vitamin D 425 IU	106%
Omega-3 fatty acids 0.5 g	†
Percent Daily Values are based on a Daily Value not established.	2,000 calorie diet

Ingredients: Cod liver oil, gelatin, water, and glycerin.

US Food and Drug Administration. Tips for Older Dietary Supplement Users. http://www.fda.gov/food/dietarysupplements/ConsumerInformation/ucm110493.htm. Updated June 2011.