

Health & Nutrition Tips

HOW TO READ A FOOD LABEL

Nutrition Facts	
Serving Size 1 cup (228g)	
Servings Per Container about 2	
Amount Per Serving	
Calories 250	Calories from Fat 110
	% Daily Value*
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 3g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Proteins 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

1 The **servicing size** tells you how much of this food you should eat, and all of the information below is based on that amount of food.

2 **Calories** are a measure of energy from the food per serving. Fat, carbohydrates and protein are 3 sources of calories.

3 Saturated fat, cholesterol and sodium are called the 3 “heart stoppers.” **Limit** how much of these you eat.

4 These nutrients are **important**, especially fiber. The average female needs 25 grams per day, and the average male needs 38 grams per day.

5 **Daily Value** tells you whether the nutrients in one serving contribute a little or a lot to your daily diet, based on 2,000 calories per day. For example, 18% for total fat means that 1 serving gives you 18% of the total fat you should eat in a day.

6 This section provides information about the daily values for important nutrients. These are **maximum amounts** for people who eat 2,000 or 2,500 calories each day.

For educational purposes only. This label does not meet labeling requirements.

INGREDIENT LIST

Ingredients are listed in order from biggest to smallest by weight. Beware of foods that start with sugar (or corn syrup), fats, oils and salt. Look for foods that have a short ingredient list with natural-sounding ingredients. This information is also helpful to individuals with food sensitivities or allergies.