

# How to Read a Food Label

| <b>Nutrition Facts</b>        |                      |
|-------------------------------|----------------------|
| 8 servings per container      |                      |
| <b>Serving size</b>           | <b>2/3 cup (55g)</b> |
| <b>Amount per serving</b>     |                      |
| <b>Calories</b>               | <b>230</b>           |
| <b>% Daily Value*</b>         |                      |
| <b>Total Fat</b> 8g           | <b>10%</b>           |
| Saturated Fat 1g              | <b>5%</b>            |
| Trans Fat 0g                  |                      |
| <b>Cholesterol</b> 0mg        | <b>0%</b>            |
| <b>Sodium</b> 160mg           | <b>7%</b>            |
| <b>Total Carbohydrate</b> 37g | <b>13%</b>           |
| Dietary Fiber 4g              | <b>14%</b>           |
| Total Sugars 12g              |                      |
| Includes 10g Added Sugars     | <b>20%</b>           |
| <b>Protein</b> 3g             |                      |
| Vitamin D 2mcg                | 10%                  |
| Calcium 260mg                 | 20%                  |
| Iron 8mg                      | 45%                  |
| Potassium 235mg               | 6%                   |

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## Tips on Reading Food Label

- Pay attention to the serving size!
- The calories shown are the amount that are in one serving
- Saturated fat should be *less than* 10% of total calories per day
- Aim to eat *less than* 2300mg of sodium per day
- Added sugars should be *less than* 10% of total calories per day

| <i>Term</i>      | <i>Definition</i>   |
|------------------|---|
| “High”           | Ex. “High in protein”<br>Food needs to contain 20% or more per serving  |
| “Good source of” | A serving of the food provides 10-19% of the daily value for the nutrient   |
| “Lean”           | Can be used on seafood or meat that contains less than 10g of fat, 4.5g or less of saturated fat, and less than 95mg of cholesterol per serving |
| “Low”            | Ex. “Low in sodium”   |