

## Reading a Nutrition Label

The nutrition facts on a food label give you basic information about the nutrients in the foods you eat. Once you have a healthy meal plan and know about how many carbohydrates to eat at each meal, you can use the food label to help plan your carbohydrate choices.

<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%

**calories** →

Check out the total calories per serving. Cut back on calories if you are trying to lose weight.

**sodium** →

Foods containing 140mg or less per serving are defined as low in sodium.

**sugars**

Avoid consuming more than 10% of your total daily calories as added sugars.

← **serving size**

NOTE: the serving size may not be the same as the portion you choose to eat.

← **fat**

Choose heart-healthy fats. Limit saturated fat, cholesterol, and avoid trans fat completely.

← **carbohydrate**

Check out the total carbohydrate per serving.

**fiber**

Aim to eat 25–35 grams of fiber per day.

Aim for a high percentage daily value of these nutrients.

\* 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.