

Reading Nutrition Labels

This tells you the amount of calories per serving, but make sure you multiply it by the number of serving you eat to get the total amount of calories!

Nutrition Facts			
Serving Size 1 cup (228g)			
Servings Per Container 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			
Protein 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
Sat 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







It is very important to look at serving size and how many servings per contain. This has 2 servings per container so if you eat the whole container; make sure you multiply everything by 2!

Try and limit these items. High levels of fat, cholesterol, and sodium may lead to heart disease.

Fiber, vitamins A & C, and minerals like calcium and iron are very important for body function so make sure to get plenty of these nutrients.

This list gives percentages that are based on recommended daily allowances based on a 2,000 calorie per day diet. For example, a label may show that a serving of the food provides 30 percent of the daily recommended amount of fiber. This means you may need another 70 percent to meet the recommended goal. Remember this is just an estimate, but it serves as a good guide.

How to judge serving sizes:

Hand Symbol	Equivalent	Foods
	Fist 1 cup	Rice, pasta Fruit Veggies
	Palm 3 ounces	Meat Fish Poultry
	Handful 1 ounce	Nuts Raisins
	2 Handfuls 1 ounce	Chips Popcorn Pretzels
	Thumb 1 ounce	Peanut butter Hard cheese
	Thumb tip 1 teaspoon	Cooking oil Mayonnaise, butter Sugar