

# Read the Food Label



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**Serving Size**-The Nutrition Facts listed on the label are “per serving.” All of the numbers listed on the label are the amounts in one serving. If you are going to eat more than one serving, you need to adjust the numbers given accordingly. For example, if the serving size is 1 cup and you are going to eat 2 cups you will need to double all of the numbers listed on the nutritional label.

- **Total Fat/Cholesterol**-To follow a low fat diet, choose snacks, cereals, dairy products, side dishes, and low-fat packaged meats that are 3 grams or less fat per serving. Meats and cheeses should be 5 grams or less fat per serving.
- **Types of Fat**- Saturated fat and cholesterol (from animal products), and trans fat may cause your blood cholesterol level to rise. Choose foods with less than 1/3 of the fat as saturated fat, and NO trans fat.
- **Sodium**-To follow a low sodium diet, choose foods that have 5% or less of the daily value of sodium. 20% or more is considered a high sodium food.
- **Total Carbohydrate**-This is the number of grams that you should look at to determine how many carbohydrate servings this food equals. One carbohydrate serving equals 15 grams of total carbohydrate.
- **Dietary Fiber**- Aim for 25 grams daily if you are a woman and close to 40 grams if you are a man.
- **Sugars**- The number of grams of sugar is already calculated as part of the total carbohydrate. Do not use this number for calculating carbohydrate servings. However, lower sugar foods are more healthy for you.
- **Vitamins & Minerals**-Your goal is 100% of each for the day. Eating a variety of foods, especially colorful fruits and vegetables, will help you reach this goal.

| <b>Nutrition Facts</b>     |                      |
|----------------------------|----------------------|
| Serving Size 1 Cup (248 g) |                      |
| Servings Per Container 4   |                      |
| Amount Per Serving         |                      |
| <b>Calories</b> 150        | Calories from Fat 35 |
|                            | % Daily Value*       |
| <b>Total Fat</b> 4g        | <b>6%</b>            |
| Saturated Fat 2.5g         | <b>12%</b>           |
| Trans Fat 0g               |                      |
| <b>Cholesterol</b> 20mg    | <b>7%</b>            |
| <b>Sodium</b> 170mg        | <b>6%</b>            |
| Dietary Fiber 0g           | <b>0%</b>            |
| Sugars 17g                 |                      |
| <b>Protein</b> 13g         |                      |
| Vitamin A 5%               | Vitamin C 6%         |
| Calcium 40%                | Iron 0%              |