



# TIP SHEET

## READING FOOD LABELS

Nutrition Facts			
Serving Size 4 oz. (113g)			
Servings Per Container 4			
Amount Per Serving			
<b>Calories 280</b>	<b>Calories from Fat 130</b>		
% Daily Value*			
<b>Total Fat 14g</b>	<b>22%</b>		
Saturated Fat 3.5g	<b>18%</b>		
Trans Fat 2.5g			
<b>Cholesterol 120mg</b>	<b>40%</b>		
<b>Sodium 640mg</b>	<b>27%</b>		
<b>Total Carbohydrate 13g</b>	<b>4%</b>		
Dietary Fiber 1g	<b>4%</b>		
Sugars 0g			
<b>Protein 24g</b>			
Vitamin A 2% • Vitamin C 2%			
Calcium 2% • Iron 6%			
*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	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

### Serving Size:

Note what is considered a serving size.

### Calories and Calories From Fat:

Calories come from carbohydrates, fats, alcohol and proteins. Labels make it easy to know how many calories come from fat. Remember that we are supposed to consume no more than about 30% of calories from fat.

### Fat:

Notice which types of fat the food item has in it. Limit saturated and trans fats. The best fats are unsaturated, and may be listed as polyunsaturated or monosaturated.

### Cholesterol and Sodium:

Limit both of these.

### Total Carbohydrates:

Carbohydrates are not bad, but the best sources come from whole grains, whole wheat, fresh fruits, and skim milk.

### Protein:

Protein is important because it helps the body to build and repair muscles, blood, and organs.

### Ingredients List:

Ingredients are listed in an order from the most in the food to the least. If you see sugar in the first few ingredients it is a sugary food. Be careful of added sugars. They are often disguised and given a different name in the ingredients list. Common names for sugar are brown sugar, corn sweetener, dextrose, fructose, fruit juice concentrates, glucose, high fructose corn syrup, honey, invert sugar, lactose, maltose, malt syrup, molasses, raw sugar, sucrose, syrup