

# Food Label Reading

**Step 1:** Look at the **Serving size**; there may be more than 1 serving per container.

**Step 2: Calories.** In general, your **meals** should be between **300 – 600** calories and your **snacks** should be between **100 – 200** calories.

**Step 3: Fat.** There should be no more than **3 grams saturated fat** and there should always be **0 grams trans fat** per serving. Total Fat includes the good and the bad fats. Saturated Fat and Trans Fat are bad fats.

**Step 4: Sodium.** Any food that has more than **300mg** of sodium is a danger food! A whole **meal should be below 600mg**.

**Step 5: Total Carbohydrate. Fiber** is good carb and helps keep us full; a good source of fiber is  $\geq 5$  grams. **Sugar** should be no more than 15 grams per serving.



<b>Nutrition Facts</b>			
Serving Size 1 cup (228g) Servings Per Container 2			
Amount Per Serving			
<b>Calories</b> 260	<del>Calories from Fat 20</del>		
	<b>% Daily Value*</b>		
<b>Total Fat</b> 13g	<b>20%</b>		
Saturated Fat 5g	<b>25%</b>		
Trans Fat 2g			
<b>Cholesterol</b> 30mg	<b>10%</b>		
<b>Sodium</b> 660mg	<b>23%</b>		
<b>Total Carbohydrate</b> 31g	<b>10%</b>		
Dietary Fiber 0g	<b>0%</b>		
Sugars 5g			
<b>Protein</b> 5g			
Vitamin A 4%	Vitamin C 2%		
Calcium 15%	Iron 4%		
*Percent Daily Values are based on a diet of 2,000 calories. Your Daily Values may be higher or lower depending on your calorie needs.			
Total Fat	Less than 65g	2,000	2,500
Sat Fat	Less than 20g	80g	25g
Cholesterol	Less than 300mg	300mg	300mg
Sodium	Less than 2,400mg	2,400mg	2,400mg
Total Carbohydrate	300g	375g	375g
Dietary Fiber	25g	30g	30g
Calories per gram:			
Fat 9	Carbohydrate 4	Protein 4	

## FOOD LABEL READING at a glance...



- Step 1: Serving size** - May be more than 1 serving /container
- Step 2: Calories** - Snacks 100 - 200; Meals 300 - 600
- Step 3: Fat** - No more than 3g Saturated Fat & 0g Trans Fat
- Step 4: Sodium** - > 300mg = Danger food! Meals < 600mg
- Step 5: Carbohydrate** – Fiber  $\geq 5$ g & Sugar < 15g