

Understanding Food Labels

Fat: No more than 3 grams for meat products. No more than 6 grams for milk products. Avoid foods with trans fats.

Salt or Sodium: less than 500 mg sodium per serving.

Fiber: Look for 3 grams or more fiber for a serving of fruit or grain.

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%

Serving: 1 cup is one serving, but this can have three servings. The information on the label is only for one serving. Make sure you only eat one serving.

Carbs: One serving of carbs is 15 grams (for example, 1/2 cup of rice, pasta or a medium tortilla).

Protein: 7 grams is equal to one egg or one ounce of meat or chicken.