

Understanding Food Labels

Nutrition Facts Inf. Nutrimental

Serving Size 1/2 cup (130g) / Tamaño de la Porción 1/2 taza (130g)	
Servings Per Container / Porciones Por Envase 3	
Amount Per Serving / Por Porción	
Calories 80	Calories from Fat 5
Contenido Energético 342kJ (80kcal)	
Cont. Energético de Grasas 19kJ (5kcal)	
% Daily Value* / % Valor Diario*	
Total Fat 0.5g / Grasas 0,5g	1%
Saturated Fat / del cual Grasa Saturada 0g	0%
Trans Fat / Acidos Grasos Trans 0g	
Polyunsaturated Fat / Grasa Poliinsaturada 0g	
Monounsaturated Fat / Grasa Monoinsaturada 0g	
Cholesterol / del cual Colesterol 0mg	0%
Sodium / Sodio 290mg	12%
Total Carbohydrate / Carbohidratos 14g	5%
Dietary Fiber / del cual Fibra Dietética 4g	15%
Sugars / Azúcar 1g	
Protein / Proteínas 5g	
Vitamin A 4%	• Vitamin C 4%
Calcium 2%	• Iron / Hierro 6%

Serving: 1/2 cup is one serving, but this can has three servings. The information on the label is only for one serving. Make sure you only eat one serving.

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

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

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

Carbs: One serving of carbs is 15 grams (for example, 1/2 cup rice, pasta or a medium tortilla). Watch your portions – this can has a total 3 servings of carbs.

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