

HOW TO: READ A NUTRITION FACTS TABLE

- 1 **Serving Size:** tells you the amount for 1 serving of the product which the nutrient amounts are based on.
- 2 **Calories:** total amount of calories (energy) of 1 serving size of the product.
- 3 **% Daily Value:** this tells you the percentage of the daily value for each nutrient in a serving of the food.
- 4 **Total Fats:** grams of fat in one serving size of the product. Look at the ingredient list to see the types of fat.
- 5 **Carbohydrates:** total grams of carbohydrates including fiber and sugars for 1 serving.
- 6 **Added Sugars:** these are sugars that are added during the processing of foods.
- 7 **Vitamins/Minerals:** keep your eye out for important vitamins/minerals in products including ones listed here for good health and growth.
- 8 **% Values:** percentages give value to us and allow us to measure nutrients.

Nutrition Facts	
— serving per container	
Serving Size	¾ cup (29g)
Amount per serving	
Calories	110
	% Daily Value*
Total Fat 1.5 g	2%
Saturated Fat 0.3 g	2%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 160 mg	%
Total Carbohydrate 23g	0%
Dietary Fiber 0 g	8%
Total Sugars 9g	
Includes 0g Added Sugars	0%
Protein 9	
Vitamin D 0 mcg	0%
Calcium 0 mg	10%
Iron 0 mg	30%
Potassium 0 mg	0%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

3