



LEARN HOW TO READ THE NUTRITION FACTS LABEL

Reading and understanding the nutrition facts label on prepared foods can be challenging, even for savvy shoppers. However, the information listed can help you make healthier choices when shopping. Each label includes details about what is in the product, how much you are getting per serving and what the size is of each serving.

SERVINGS PER CONTAINER tells you how many servings are included in the entire container.

SERVING SIZE tells you how much is considered 1 serving. The facts listed are all based on 1 serving.

The left column lists **TOTAL** amounts for calories, fat, cholesterol, sodium, carbohydrates and protein, per single serving.

CALORIES: Remember that this is per serving. So if you ate the entire container, that's 8 servings and you consumed 230 x 8 or 1,840 calories!

TOTAL FAT: Try to eat as little saturated fat as possible. Avoid Trans Fats.

TIP: Generally, 5 % is considered low and 20% is considered high for fat.

CARBOHYDRATE includes sugar, sugar alcohol, starches and fiber.

TIP: Choose items higher in fiber, ideally more than 3 grams of fiber per serving.

| Nutrition Facts | |
|-------------------------------|------------|
| 8 servings per container | |
| Serving size 2/3 cup (55g) | |
| Amount per serving | |
| Calories | 230 |
| % Daily Value* | |
| Total Fat 8g | 10% |
| Saturated Fat 1g | 5% |
| Trans Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 160mg | 7% |
| Total Carbohydrate 37g | 13% |
| Dietary Fiber 4g | 14% |
| Total Sugars 12g | |
| Includes 10g Added Sugars | 20% |
| Protein 3g | |
| Vitamin D 2mcg | 10% |
| Calcium 260mg | 20% |
| Iron 8mg | 45% |
| Potassium 235mg | 6% |

Reference: <https://www.fda.gov>

PERCENTAGE DAILY VALUE tells you what percentage of your total recommended daily intake is contained in this item.

TOTAL SUGARS tells you how much sugar is in the item per serving, including both natural and added. Added sugar in the next line tells you what was added during processing or production.

Natural sugar is found in whole, unprocessed foods, such as fruits, vegetables, some grains and dairy. Fruits contain the natural sugar fructose, while lactose is a natural sugar found in animal dairy products. Added sugar is found in processed foods and drinks, and what you add to food when cooking at home. Added sugar provides little or no nutritional value.

TIP: Avoid products with sugar as one of the first 3 ingredients. Ingredients that weigh the most are listed first. Avoid items with many ingredients you don't recognize or can't pronounce.

Macronutrients that are important for kids' growth and development include vitamins A, C, D, Calcium and Iron.