

# How do I read a food label?

## 1 Serving Size

**Serving size** tells you how much is in 1 serving. A serving is a portion of food. Everything on the food label is based on the serving size. So if a label says a food has 230 calories, that means there are 230 calories in 1 serving. If you eat more than 1 serving, you are eating more than what is listed on the food label.

**Servings per container** tells you how many servings are in the whole package.

## 2 Calories

Calories are the energy we get from food. Everyone needs to eat a different amount of calories each day to stay healthy. Talk to your CHN Nutritionist about calories.

## 3 Limit Saturated Fat, Cholesterol, Sodium, and Added Sugars

Eating too much fat, saturated fat, trans fat, cholesterol, or sodium may lead to diabetes, heart disease, cancer, or high blood pressure. Look for labels with 5% or less of these items.

## 4 Get lots of Fiber, Vitamins, and Minerals

These can keep you healthy. Look for labels with lots of fiber, vitamins, and minerals. Fruits and vegetables are great sources of these.

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

\* 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.

## Check the ingredients list

The ingredients list tells you what is in the food. The ingredients that are listed first make up most of the food. So stay away from foods that have sugar or high fructose corn syrup listed as the first ingredient. Try to pick foods that have a short ingredients list.