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.

**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.