



The Label Low Down

Take your health into your own hands by reading labels and being informed!

Serving Size

At the top of each food label is a serving size amount, **start here!** All of the nutrition information given on the food label is based on this serving size. So if a serving size is ½ cup and you eat 1 cup — which would be two servings — you need to double all of the nutrition information.

The number of **servings per container** tells you how many serving sizes are in the whole package.

Calories

Calories are listed directly under the serving size. This number tells you the amount of energy you get in a serving of that food. The calories in a food can come from fat, protein, or carbohydrate. It's important to know how many calories you consume each day to help manage a healthy weight. **Calories from fat** on the label tell us how many calories in each serving come from a source of fat.

Protein

This number tells you how much protein you get from a single serving of that food product. Most of the body — including your muscles and skin is made up of protein, making it an essential nutrient

Cholesterol and Sodium

These numbers tell you how much cholesterol and sodium (salt) are in a single serving of that product. It's important to limit these nutrients, keeping your intake as low as possible.

Total Fat

This is the amount of fat grams contained in a serving of that food. While everyone needs some fat in their diet, it's important to limit the amount, especially unhealthy saturated and trans fats. The different kinds of fat such as saturated, unsaturated and trans fats will be listed individually under the total fat.

Total Carbohydrate

This number tells you how many grams of carbohydrate are in one serving of that food. Carbohydrates are your body's primary source of energy. There are three types of carbohydrates: sugars, starches, and fiber. The total amount of carbohydrates on a

label is broken down into sugar and dietary fiber (both are a component of the total carbohydrates in that product)

How Do You Know if Your Food Contains Added Sugar?

Dairy and fruits contain natural sugar. These foods (i.e. yogurt, milk, applesauce) may contain more grams of sugar than others. For food that does not contain natural sugar, such as cereal, look to the ingredients list to see if a form of sugar has been added.

Amount Per Serving		% Daily Value*	
Calories	90	Calories from Fat	30
Total Fat	3g		5%
Saturated Fat	0g		0%
Cholesterol	0mg		0%
Sodium	300mg		13%
Total Carbohydrate	13g		4%
Dietary Fiber	3g		12%
Sugars	3g		
Protein	3g		
Vitamin A	80%	Vitamin C	60%
Calcium	4%	Iron	4%

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: MILLED CORN, RICE, BROWN SUGAR, SALT, MALT FLAVORING, BAKING SODA, ASCORBIC ACID (VITAMIN C), IRON, NIACINAMIDE, TURMERIC COLOR, ZINC OXIDE, PYRIDOXINE HYDROCHLORIDE (VITAMIN B ₆), RIBOFLAVIN (VITAMIN B ₂), THIAMIN

