

## HOW TO READ THE FOOD LABEL

<b>Nutrition Facts</b>	
Serving Size 1 cup (228g)	
Servings Per Container 2	
<b>Amount Per Serving</b>	
<b>Calories</b> 250	Calories from Fat 110
	<b>% Daily Value*</b>
<b>Total Fat</b> 12g	<b>18%</b>
Saturated Fat 3g	<b>15%</b>
Trans Fat 3g	
<b>Cholesterol</b> 30mg	<b>10%</b>
<b>Sodium</b> 470mg	<b>20%</b>
<b>Total Carbohydrate</b> 31g	<b>10%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 5g	
<b>Protein</b> 5g	
Vitamin A	<b>4%</b>
Vitamin C	<b>2%</b>
Calcium	<b>20%</b>
Iron	<b>4%</b>
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.	
	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

Nutrition information is for *one* serving of the product and not for the whole container.

This is based on a 2000 calorie diet.

- An average adult person needs between 1500 to 2000 calories a day depending on their activity level.
- 5 % or less means that it is low in that nutrient;
- 20 % or more means that it is high in that nutrient.

Follow these general guidelines when choosing products:

- Total Fat – less than 3 gm per serving
- Saturated Fat - less than 1 gm per serving
- Trans fat – 0 gm per serving
- Cholesterol – less than 20 mg per serving for non-meat products; less than 100 mg per serving for meat products
- Sodium - less than 140 mg per serving
- Dietary fiber – more than 3 gm per serving