

HOW TO READ THE FOOD LABEL

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%
* 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.	

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
- Sodium - less than 140 mg per serving
- Dietary fiber – more than 3 gm per serving
- Added Sugars – less than 5 gm per serving

Reference:

American Heart Association

<http://www.heart.org/en/healthy-living/healthy-eating/eat-smart/nutrition-basics/understanding-food-nutrition-labels>