

Taking a Look at Nutrition Facts Labels



Look at the SERVING SIZE.

- » How many servings are you having? Multiply the calories by this number.

Check the FATS

Look for foods *without* trans-fat and *limit* saturated fat.

Look for foods *with* healthy fats such as poly and mono-unsaturated fats.

Look at the FIBER.

Use this equation to make sure the nutrients are filling:

- » Grams of **protein** + Grams of **fiber** ≠ Grams of **sugar**
- » Let's practice with the nutrition facts label above:
- » 10 grams of **protein** + 5 grams of **fiber** ≠ 6 grams of **sugar**

Nutrition Facts

Serving Size 1 bar
Servings Per Container 5

Amount Per Serving

Calories 190 **Calories from Fat 110**

% Daily Value*

Total Fat 12g	19%
Saturated Fat 3.5g	18%
Trans Fat 0g	18%
Polyunsaturated Fat 2g	18%
Monounsaturated Fat 6g	18%

Cholesterol 0mg **0%**

Sodium 180mg **7%**

Total Carbohydrate 14mg **5%**

Dietary Fiber 5g **20%**

Sugars 6g

Protein 10g **15%**

Vitamin C 2% • Calcium 8%

Iron 30%

Not a significant source of trans fat, cholesterol, sugars and vitamin A

*Percent Daily Values are based on a 2,000 calorie diet.

Look at the number of CALORIES.

- » Keep snacks around 100-250
- » Keep meals around 300-550

Check the SODIUM.

- » Low sodium foods have #140mg or # 5 % of the Daily Value for sodium.