

NUTRITIONAL EDUCATION

READING LABELS

NUTRITION LABELS:

SERVING INFORMATION

Servings in entire package, and the size of each serving

Nutrition Facts

6 Servings Per Container

Serving Size 10 Pieces (60g)

Amount Per Serving

Calories 220

% Daily Value*

Total Fat 3g 4%

Saturated Fat 0.5g 4%

Trans Fat 0g

Cholesterol 5mg 2%

Sodium 270mg 12%

Total Carbohydrates 41g 15%

Dietary Fiber 4g 14%

Total Sugars 3g

Includes 0g Added Sugars 0%

Protein 2g

Vitamin D 0.1mcg 0%

Calcium 40mg 2%

Iron 1.6mg 8%

Potassium 170mg 2%

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.

CALORIES

The amount of energy you get from one serving

% DAILY VALUE

The amount a nutrient contributes to your total daily diet based on 2,000 calorie a day diet

TOTAL SUGARS & ADDED SUGARS

The amount of sugar that is in a product naturally and how much is added.

TOTAL FAT

The amount of saturated and unsaturated healthier fat that is in one serving

NUTRIENTS

Key nutrients in one serving of the food