Nutrition Label

Understanding how to read a nutrition label is important to your health and nutrition

Serving size refers to one serving. Nutrients listed are the amount contained in this serving size.

Limit saturated fat to less than 22g per day. For a heart healthy diet, limit to 14g per day.

Limit daily sodium to less than 2,300mg per day. For a low sodium diet, limit to 2,000mg per day.

Aim for 25–30g of fiber daily.

Limit added sugar to less than 50g daily, but less is best. Added sugars include honey, agave, syrups, and table sugar.

Look for foods that are high in vitamins and minerals

Nutrition Facts

6 servings per container

Serving size **1 cup (230g)**

Amount per serving

Calories **245**

	% Daily Value*
Total Fat 12g	**14%**
Saturated Fat 2g	**10%**
Trans Fat 0g	
Cholesterol 8mg	**3%**
Sodium 210mg	**9%**
Total Carbohydrate 34g	**12%**
Dietary Fiber 7g	**25%**
Total Sugars 5g	
Includes 4g Added Sugars	**8%**
Protein 11g	
Vitamin D 4mcg	20%
Calcium 210mg	16%
Iron 3mg	15%
Potassium 380mg	8%

*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.

CENTRAL HEALTH

NUTRITION LABEL

Activity

Read the questions below and see if you can find the answers in the label.

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What is the serving size?

How many calories are in each serving?

How much fat is in one serving?

How many grams of sodium are in one serving?

How many carbohydrates are in one serving?

How many grams of fiber are in this serving?

How many grams of protein are there per serving?