How to Read a Nutrition Label



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.

Servings size
This tells you what one serving is. All the numbers on the label are based on this amount.

Total carbohydrates
This tells you how many grams of carbohydrate are in one serving

Dietary Fiber
This helps you control your blood sugar. Look for foods with 3 grams or more of fiber. You can remove half the fiber from the total carb count to help stay on your goal.

Total Sugars
This includes both natural and added sugars. Try to keep this less than half of the total carbohydrates.

Included Added Sugars
This shows how much sugar has been added (such as white sugar, brown sugar, or honey). Try to keep this 5 grams or less.