

## How to Read a Food Label

<b>Nutrition Facts</b>	
Serving Size 1 cup (240g)	
Servings Per Container 2	
<b>Amount Per Serving</b>	
<b>Calories</b> 100	Calories from Fat 20
<b>% Daily Value*</b>	
<b>Total Fat</b> 2g	<b>3%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 70mg	<b>3%</b>
<b>Total Carbohydrate</b> 17g	<b>6%</b>
Dietary Fiber 3g	<b>12%</b>
Sugars 5g	
<b>Protein</b> 4g	
Vitamin A 70%	• Vitamin C 20%
Calcium 15%	• Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.	

### Serving size

This tells you how much of the food makes up one serving. If you eat more than one serving, all the other values increase.

### Fat

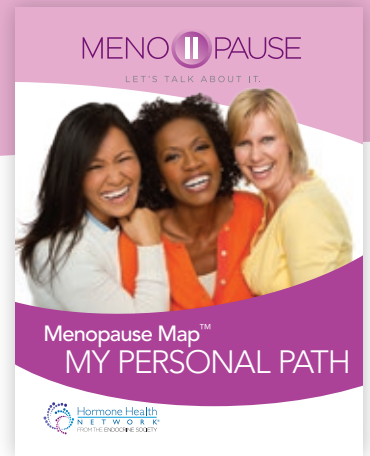
This is the total amount of fat in each serving. Limit saturated fats and avoid trans fats. Both are bad for your health.

### Sodium (salt)

This is the total amount of sodium in each serving given in milligrams (mg). People with diabetes should try to eat less than 1,400 mg of sodium a day.

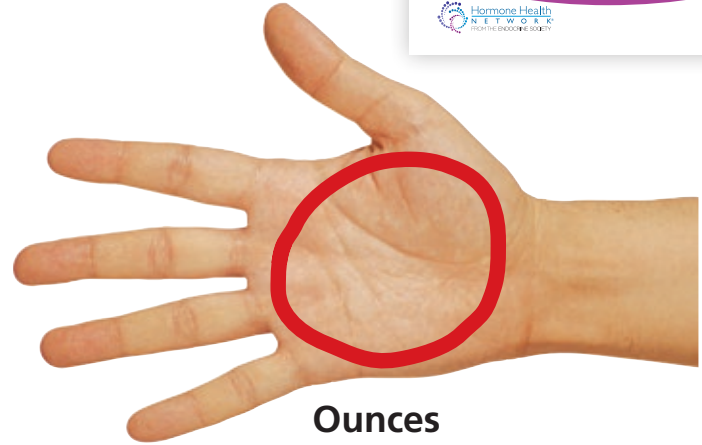
### Total carbohydrate (starches)

This tells you how many grams of carbohydrate are in one serving. If you do carb counting, this number helps you fit the food into your meal plan.



## Serving Sizes

How much is an ounce? A cup?



### Ounces

2 to 3 ounces are about the size of your palm.

### 1 Cup

1 cup (or a medium-sized piece) is about the size of your fist.



### ½ Cup

½ cup is about the size of your cupped hand.

