

How to Read Nutrition Facts Food Labels



The Nutrition Facts Food Label provides us with information about the nutrients in a food item. The food label is usually printed somewhere on the outside of packaged food.

The serving size is an amount of food, such as one cup of pasta or rice. The label tells you how many servings are in this container of food.		Nutrition Facts		
Calories are the amount of energy in one serving.			Serving Size About 3/4 Cup Servings Per Container 10	
Total fat is the grams of fat in one serving. Saturated fat is an unhealthy fat and we should try to eat only small amounts of it.				Amount Per Serving
Sodium is the salt in one serving.				Calories 160 Calories from Fat 70
Total carbohydrates are broken down into dietary fiber and sugar. Fiber is healthy and helps us digest.				
Protein provides us with energy to grow and move our bodies.			Total Fat 8g 12%	
				Saturated Fat 3g 15%
		Trans Fat 0g		
		Cholesterol 15mg 5%		
		Sodium 230mg 10%		
		Total Carbohydrate 15g 5%		
		Dietary Fiber 3g 12%		
		Sugars 9g		
		Protein 9g		