



Using Food Labels

Serving Size: All of the information on the label is based on this serving size. If you eat double the serving size, the nutrients will be doubled as well.

Total Fat: This gives the total grams of fat in a serving of this food. Choose lower fat foods, such as:

- Snacks, cereal, dairy products, and desserts with 3 or fewer grams of fat per serving
- Meat and cheese with 5 or fewer grams of fat per serving
- Frozen dinners with 10 or fewer grams of fat per package.

Saturated Fat/Trans Fat:

Total fat that comes from saturated and *trans* fat. They contribute to high blood cholesterol levels.

- Choose food with less than one-fourth of the total fat coming from saturated fat.

Sodium: 2300 mg max per day

700mg per meal: 200mg per snack

Total Carbohydrate: This shows the total grams of carbohydrate in one serving. Total carbohydrate includes all starches, sugars, and dietary fiber.

- Fibre does not raise blood glucose and should be subtracted from the total carbohydrate before using the conversion guide.
- Food item with 4g per serving is a good source of fibre
- Fibre goal is 25g fibre per day

Protein:

One ounce protein equals 7g protein

Average meal serving:

3 ounces equal 21g protein

% Daily Value

0-5% Low Source of nutrient

5-15% Moderate Source of nutrient

15+% High Source of nutrient

Nutrition Facts

Serving Size 1 bar (36g)

Serving Per Package 1

Amount Per Serving

Calories 143

% Daily Value*

Total Fat 3g 5%

Saturated Fat 0.5g 3%

Trans Fat 0.5g

Cholesterol 5mg 2%

Sodium 110mg 5%

Total Carbohydrate 27g 9%

Dietary Fiber 4g 16%

Sugars 9g

Protein 2g

Vitamin A 15% Vitamin C 0%

Calcium 20% Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet.

Conversion Guide

Total Carbohydrate Grams	Carbohydrate Choices
0-5	0
6-10	1/2
11-20	1
21-25	1 1/2
26-35	2
36-40	2 1/2
41-50	3
51-55	3 1/2
56-65	4
66-70	4 1/2
71-80	5
81-85	5 1/2
86-95	6
96-110	6 1/2
101-110	7