

# Food Labels

## What's Important

It can be hard to understand all the information on food labels.

Here are the basics to help guide you.

### 1. Serving Size

The serving size is important because the information is based upon this amount. Make sure you use this portion or the number of portions to fit your serving amount.

### 2. Calories

Normally you want between 1500 and 2000 calories a day.

### 3. Fats & Sodium

Work to reduce these in your diet.

### 4. Carbohydrates

Try to get carbohydrates with high dietary fiber.

### 5. Vitamins

Eat food higher in these nutrients

## Nutrition Facts

Serving Size 2/3 cup (55g)  
Servings Per Container About 8

### Amount Per Serving

**Calories** 230      Calories from Fat 72

% Daily Value\*

**Total Fat** 8g      **12%**

Saturated Fat 1g      **5%**

*Trans* Fat 0g

**Cholesterol** 0mg      **0%**

**Sodium** 160mg      **7%**

**Total Carbohydrate** 37g      **12%**

Dietary Fiber 4g      **16%**

Sugars 1g

**Protein** 3g

Vitamin A      10%

Vitamin C      8%

Calcium      20%

Iron      45%

\* Percent Daily Values are based on a 2,000 calorie diet.  
Your daily value may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

#1

#2

#3

#4

#5

Use PLAIN Bleach. No scents or thickeners

