

# Reading Nutritional Labels

Nutrition labels provide information about the food’s nutritional content and ingredient list. This makes it easier to compare similar foods, identify specific nutrients, and select appropriate foods for different dietary conditions.

<b>Nutrition Facts</b>	
8 servings per container	
<b>Serving size</b>	<b>2/3 cup (55g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>230</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carbohydrate</b> 37g	<b>13%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 12g	
Includes 10g Added Sugars	<b>20%</b>
<b>Protein</b> 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

## SERVING SIZE

Serving size refers to the amount of food the table below is based on. Be sure to compare the below to the amount you actually eat.

## CALORIES

A calorie is a unit of energy that food provides to the body. For a healthy body weight you should consume the amount of calories your body uses.

## DAILY VALUE (%DV)

DV is a measurement of how much of a nutrient is in a serving. Under 5% is considered little in nutrient while 15% or more is high in the nutrient.

## NUTRIENTS

Some nutrients are healthier than others, as such, we should have more of some and less of others. The Daily Value listed helps us identify how much of the nutrient is in the product. See list to see what nutrients that we should have more of and which we should have less of.

**More:**

- Fibre
- Vitamin A
- Vitamin C
- Iron
- Calcium

**Less:**

- Fat
- Saturated fat
- Trans fat
- Sodium
- Cholesterol

## INGREDIENTS

The ingredient section lists all ingredients that are contained within the product. They are listed in order of weight from highest to lowest.