

# HOW TO READ A NUTRITION LABEL

Focus on 3-4 main nutrients and the serving size.

## SERVING SIZE

Look to see how much is one serving

## TOTAL FAT

Your goal should be less than 10g per meal

## SODIUM

Your goal should be less than 2300mg per day

## TOTAL CARBOHYDRATE

- Men: 60-75g per meal
- Women: 45-60g per meal
- The more carbohydrates eaten at a meal, the higher your blood sugar will go

## DIETARY FIBER

Try to choose foods with more than 5g per serving

## NUTRITION FACTS

4 servings per container  
Serving size 1 1/2 cup (208g)

Amount per serving

**Calories 240**



<b>TOTAL FAT</b> 4g	<b>5%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
<b>CHOLESTEROL</b> 5mg	<b>2%</b>
<b>SODIUM</b> 430mg	<b>19%</b>
<b>TOTAL CARBOHYDRATE</b> 46g	<b>17%</b>
Dietary Fiber 7g	<b>25%</b>
Total Sugars 4g	
Includes 2g Added Sugars	<b>4%</b>
<b>PROTEIN</b> 11g	
Vitamin D 2mcg	<b>10%</b>
Calcium 260mg	<b>20%</b>
Iron 6mg	<b>35%</b>
Potassium 240mg	<b>6%</b>

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Individual nutrition needs vary. Request a consult with a registered dietitian from your doctor for more information.