

HOW TO READ FOOD LABELS

Nutrition Facts	
8 servings per container	
Serving size	1 cup (68g)
Amount per serving	
Calories	370
% Daily Value*	
Total Fat 5g	7%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 150mg	6%
Total Carbohydrate 48g	15%
Dietary Fiber 5g	14%
Total Sugars 13g	
Includes 10g Added Sugars	20%
Protein 12g	
Vitamin A 10mcg	20%
Vitamin C 1mg	100%
Vitamin D 1mcg	50%
Vitamin E 2mcg	100%
Riboflavin 5mcg	75%
Folic Acid 200mcg	60%
Thiamin 2mcg	35%
Vitamin B12 5mcg	100%
Zinc 7mg	50%
Biotin 300mcg	100%
Calcium 50mcg	25%
Phosphorus 90mcg	90%
Magnesium 400mcg	100%
Chromium 75mcg	80%
Potassium 5g	100%

* 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.

Nutrition Facts	
8 servings per container	
Serving size	1 cup (68g)
Amount per serving	
Calories	370
% Daily Value*	
Total Fat 5g	7%
Saturated Fat 1g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 150mg	6%
Total Carbohydrate 48g	15%
Dietary Fiber 5g	14%
Total Sugars 13g	
Includes 10g Added Sugars	20%
Protein 12g	
Vit. D 2mcg 10%	Calcium 210mg 20%
Zinc 7mg 50%	Biotin 300mcg 100%

* 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.

Nutrition Facts/Datos de Nutrición	
8 servings per container/8 raciones por envase	
Serving size/Tamaño por ración	1 cup / 1 taza (68g)
Amount per serving / Cantidad por ración	
Calories / Calorías	370
% Daily Value*/Valor Diario*	
Total Fat/Grasa Total 5g	7%
Saturated Fat / Grasa Saturada 1g	5%
Trans Fat / Grasa Trans 0g	
Cholesterol/Colesterol 0mg	0%
Sodium/Sodio 150mg	6%
Total Carbohydrate/Carbohidrato Total 48g	15%
Dietary Fiber/Fibra Dietética 5g	14%
Total Sugars/Azúcares Total 13g	
Includes 10g Added Sugars/Incluye 10g azúcares añadidos	20%
Protein/Proteínas 12g	
Vitamin D/Vitamina D 2mcg	10%
Calcium/Calcio 210mg	20%
Zinc 7mg	50%
Biotin/Biotina 300mcg	100%

* 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.
* El % Valor Diario (VD) le indica cuánto un nutriente en una porción de alimentos contribuye a una dieta diaria. 2,000 calorías al día se utiliza para asesoramiento de nutrición general.

Nutrition Facts		Amount/serving		% Daily Value*	
Calories per serving	160	Total Fat 1.2g	1%	Total Carbohydrate 50g	24%
		Saturated Fat 0.2g	2%	Dietary Fiber 4g	15%
		Trans Fat 0.5g		Total Sugars 5g	
		Cholesterol 0mg	0%	Includes 1g Added Sugars	2%
		Sodium 180mg	8%	Protein 22g	
		Vitamin D 2mcg 10% • Calcium 40mg 3% • Zinc 7mg 50% • Biotin 300mcg 100%			
		Folic Acid 200mcg 50% • Copper (as sulfate) 30mg 200%			

* 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.

1. START WITH THE SERVING INFORMATION AT THE TOP OF THE LABEL

This will tell you the size of a single serving and the total number of servings per container (package).

2. NEXT, CHECK TOTAL CALORIES PER SERVING

Pay attention to the calories per serving and how many servings you're really consuming if you eat the whole package. If you double the servings you eat, you double the calories and nutrients.

3. LIMIT THESE NUTRIENTS

Limit the amounts of saturated fat and sodium you eat, and avoid trans fat. Choose foods with less of these nutrients when possible.

4. GET ENOUGH OF THESE NUTRIENTS

Make sure you get enough of beneficial nutrients such as: dietary fiber, protein, calcium, iron, vitamins and other nutrients you need every day.

5. QUICK GUIDE TO % DAILY VALUE

The % Daily Value (DV) tells you the percentage of each nutrient in a single serving, in terms of the daily recommended amount. As a guide, if you want to consume less of a nutrient (such as saturated fat or sodium), choose foods with a lower % DV — 5 percent or less. If you want to consume more of a nutrient (such as fiber), seek foods with a higher % DV — 20 percent or more.

HERE ARE MORE TIPS FOR GETTING AS MUCH HEALTH INFORMATION AS POSSIBLE FROM THE NUTRITION FACTS LABEL:

- Remember that the information shown in these panels is based on 2,000 calories a day. You may need to consume less or more than 2,000 calories depending upon your age, gender, activity level, and whether you're trying to lose, gain or maintain your weight.
- When the Nutrition Facts label says a food contains "0 g" of trans fat, but includes "partially hydrogenated oil" in the ingredient list, it means the food contains trans fat, but less than 0.5 grams of trans fat per serving. So, if you eat more than one serving, you could quickly reach your daily limit of trans fat