



How to Read a Food Label

Do the words “Nutrition Facts” make you think about a food label? The Nutrition Facts Panel is a label that can be found on most foods. Knowing how to read and use this information can help you meet your nutrition goals.

What to look for...

Sample Label for Bread	
Nutrition Facts	
Serving Size 1 slice (40g)	
Servings per Container 20	
Amount per Serving	
Calories 90	Calories from Fat 5
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 150mg	6%
Total Carbohydrate 18g	6%
Dietary Fiber 2g	8%
Sugars 5g	
Protein 4g	
Vitamin A 0%	Vitamin C 0%
Calcium 4%	Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	



➤ **Serving Size:**

Everything on the food label is based on the stated serving size.

BE CAREFUL: If you choose to eat more than one serving of a food, you need to remember that when reading the label.

In other words, if you eat two (2) slices of this food (bread), then you must multiply all the other numbers by 2. For example, your total carbohydrate would be 36 grams.

➤ **Total Fat:**

Watching your fat intake can help you reach the weight you want. Look for low-fat foods with 3 grams of fat or less in a serving.

➤ **Total Carbohydrate:**

When counting carbohydrates, look at the line that reads “Total Carbohydrate.” Carbohydrates include both sugary and starchy foods and will make your blood sugar go up more than protein (such as meat and eggs).

If a label says a product is sugar-free, that doesn't mean carbohydrate-free!