

Food Label Reading Guide for Families

What you need to know to make healthy choices.

This tells you how many servings are in the container.

Lots of snack foods have more than one serving per container but only show the nutrition facts for ONE serving!

Sugars are **QUICK FUEL** for our bodies. It burns fast and gives us a boost of energy. But, the fuel doesn't last long. Added sugars are usually found in junk food.

These Vitamins and Minerals are important to keep us healthy and strong. **When you see that a food contains some or all of these – that is a good thing!**

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

* 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.

This tells you how **much** a serving is. **Tip: Use a measuring cup to see how much this really is. Surprised?**

The calories are the **FUEL** in the food. Snacks should be 200-250 calories. Meals should be more!

Sodium is the salt that is in your food. Keep this number below 15% to help you choose healthier foods.

Calcium helps to build strong bones and keep our muscles working well. Make sure you choose Calcium-rich foods every day.

What foods do you like to eat often? Do they have a food label like this on the package?

Challenge: The next time you eat these foods, look at the label. What do you see?