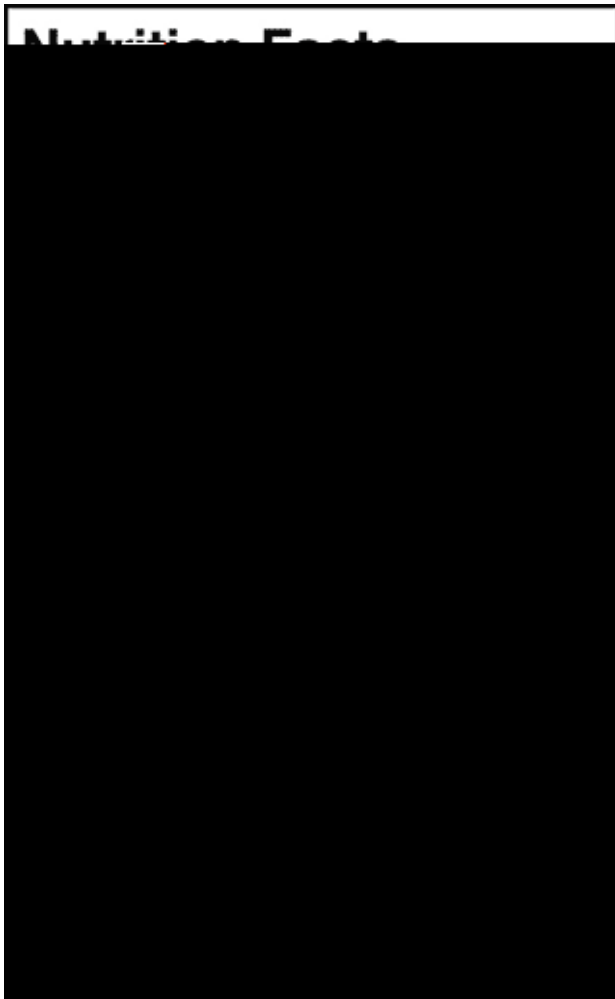


Reading Nutrition Fact Labels

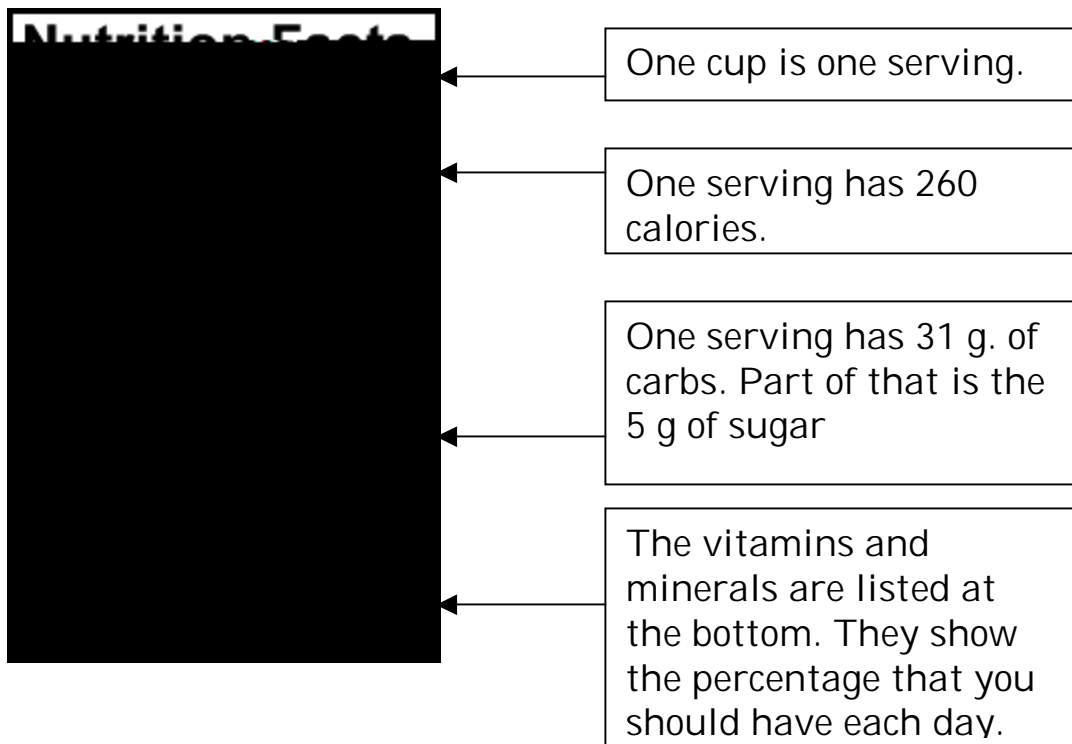
All food that has been processed or comes in a package must have a nutrition label. This tells you what the food is made from. It also tells you about the nutrition that is in the food.



The serving size is at the top. All of

The label tells you about the amount of calories, fat, cholesterol, sodium, and carbohydrates that are in each serving. It also tells you about the amount of protein, vitamins and minerals.

In the right hand column are the daily values of each nutrient. But this is only what they recommend for most people. In the label below, it says that one serving has 31g of carbs. That is 10% of the total carbs that they suggest a person eat. That means that you would eat about 310 g of carbs per day. But some people need to eat less carbs. If you are diabetic, you may need to eat less carbs.



You can use these labels tt