

## “Nutrition Facts” Label Reading Tips

1. Check *serving size* and servings per package. Some packages have multiple servings.

2. *Calories from fat* should be less than 20% of the total calories.

Approximate *Calories from Fat* may be listed. Example: 30.

If *Calories from Fat* are not listed, calculate it by multiplying *Total Fat* in grams by 9 (there are 9 calories in one gram of fat). Example:  $3.5g \times 9cal/g = 31.5cal$

20% of total calories =  $90 \times 0.20 = 18$ .

30 is more than 18, so it’s unhealthy.

3. *Sodium* (aka *salt*) in mg should be less than total calories (known as a “1:1 ratio”).

25mg is less than 90, so it’s healthy.

4. Avoid *trans fats*, *saturated fats*, *hydrogenated fats*, *margarine* and *shortening*.

Ingredients:

5. Ingredients are listed in descending order of predominance by weight (the ingredient that weighs the most is listed first). Avoid foods with sugar, or any of its other forms, in the first three ingredients (Example: sugar, honey, cane juice, syrup).

6. Grains should be “*whole*” grain.

7. Avoid artificial sweeteners (i.e. aspartame)

8. Avoid artificial flavors

9. Avoid artificial colors (i.e. yellow 5).

<b>Nutrition Facts</b>	
Serving Size 1 Cookie (19g)	
Servings Per Container 10	
Amount Per Serving	
<b>Calories 90</b>	<b>Calories from Fat 30</b>
% Daily Value*	
<b>Total Fat 3.5g</b>	<b>5%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol 5mg</b>	<b>2%</b>
<b>Sodium 25mg</b>	<b>1%</b>
<b>Total Carbohydrate 13g</b>	<b>4%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 9g	
<b>Protein 1g</b>	
Vitamin A 2%	• Vitamin C 0%
Calcium 2%	• Iron 2%
INGREDIENTS: SUGAR, ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), ALMONDS, BUTTER (CREAM), NATURAL FLAVORS, BROWN RICE SYRUP, SALT, CINNAMON.	