



Label of Love

Understanding the Nutrition Facts Label

How to Read a Label

1. Check the serving size at the top of the label.
2. Check how many servings in the package.
3. Look at the amount of sodium and protein that are in each serving.
4. Some labels may have potassium listed.
5. Decide if the item fits into your diet
6. Aim to keep your sodium intake less than 1,500 mg per day
7. Instead of mg of Phosphorus, look for any words with "phos" in the ingredients list. The closer to the top, the more phosphorus it contains.

Read labels to learn if a food is right for you. Learning to tell what is in a food can be the most important tool in your tool belt! Knowing your sodium and potassium goals gives you control over what you eat. Think of it like a budget, you have 2,000 milligrams to spend.

The Nutrition Facts label found on most foods is designed to help you make healthy choices. Reading the food label can help you decide if a food is a healthy choice before you eat it! That way, you can plan ahead to get the most out





Nutrition Facts

Serving Size 1 Cake (43g)

Servings Per Container 5

Amount Per Serving

Calories 200 Calories from Fat 90

% Daily Value*

Total Fat 10g 15%

Saturated Fat 5g 25%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 100mg 4%

Total Carbohydrate 26g 9%

Dietary Fiber 0g 0%

Sugars 19g

Protein 1g

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 2%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories:	2,000	2,500
Total Fat	Less than		65g	80g
Sat. Fat	Less than		20g	25g
Cholesterol	Less than		300mg	300mg
Sodium	Less than		2,400mg	2,400mg
Total Carbohydrate			300g	375g
Dietary Fiber			25g	30g

Ingredients: Whole Grain Wheat, Corn Bran, Corn Starch, Inulin, Sugar, Whole Grain Oats, Crisp Oats, ~~high fructose corn syrup~~, soybean oil, honey, salt, **trisodium phosphate**, baking soda, **tripotassium phosphate**, cinnamon, artificial flavor, ~~sucralose~~, vitamin E, color added