

nutrition facts

a guide to getting to know your label

Reading and comparing nutrition labels can help you make the best choices. The main parts of a food label that you should look at when evaluating foods include:

servicing size

Always check the serving size, as this tells how much of a food the nutrition label is calculated against. And always keep in mind that packages can contain more than one serving.

calories

If you are trying to lose or maintain your weight, the number of calories you eat is important. But when choosing between similar foods, the lowest calorie option is not always best. You should keep in mind where the calories come from. A high protein food may be a better choice than one high in sugars.

total carbohydrate

Total carbohydrate is composed of sugars, complex carbohydrates, and fiber. Each of these can impact blood sugar, so it is important to pay attention to the total carbs when checking labels - not just the sugars.

Nutrition Facts	
Serving size 1 container (150g)	
Amount Per Serving	
Calories	110
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 55mg	2%
Total Carbohydrate 12g	4%
Dietary Fiber 0g	0%
Total Sugars 9g	
Includes 5g Added Sugars	10%
Protein 15g	30%
Vitamin D	0%
Calcium	10%
Iron	0%
Potassium	4%

*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.

Ingredients:

Pasteurized Skim Milk, Organic Agave Nectar, Madagascar Bourbon Vanilla, Fruit Pectin, Live Active Cultures

Live Active Cultures:

S. thermophilus, *L. delbrueckii subsp. bulgaricus*, *B. lactis*, *L. acidophilus*, *L. delbrueckii subsp. lactis*

total fat

This tells you how much fat is in a food per serving, and it is best to choose foods with less saturated fat and no trans fat.

sodium

Most people eat much more sodium than they need. It is important to remember that a food that doesn't taste "salty" could still be high in sodium.

added sugars

The new nutrition label shows how much added sugar is in a food. The added sugars listed on the label is part of the Total Sugars. For example, this food has 9g of Total Sugars, of which 5 grams are added sugars and 4 grams are naturally occurring in yogurt.

ingredients

Ingredients are listed in the order of weight found in the food, from most to least. Choose foods with sweeteners listed later in the ingredient list.