

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 eat two servings you will be getting two times the calories shown on the label. 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 naturally occurring sugars, added 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

Serv. size: 1 - 5.3oz (150g) cup, Amount per serving: Calories 140, Total Fat 3g (4% DV), Sat. Fat 1.5g (8% DV), Trans Fat 0g, Cholest. 15mg (5% DV), Sodium 45mg (2% DV), Total Carb. 15g (5% DV), Fiber 0g (0% DV), Total Sugars 11g (Incl. 7g Added Sugars, 14% DV), Protein 15g (29% DV), Vit. D (0% DV), Calcium (10% DV), Iron (0% DV), Potas. (4% DV).

INGREDIENTS:

Pasteurized Skim Milk, Strawberries, Cane Sugar, Pasteurized Cream, Fruit Pectin, Live Active Cultures

LIVE ACTIVE CULTURES:

S. thermophilus, *L. bulgaricus*, *Bifidobacterium*, *L. acidophilus*, *L. paracasei*

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 nutrition label shows how much added sugar is in a food. The added sugars listed on the label are part of the Total Sugars. For example, this yogurt has 11g of Total Sugars, of which 7 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.