

## How to Read a Nutrition Label

**Nutrition Facts**

Serving Size 1 slice (47g)  
Servings Per Container 6

**Amount Per Serving**

**Calories 160**    Calories from Fat 90

	<b>% Daily Value*</b>
<b>Total Fat</b> 10g	15%
Saturated Fat 2.5g	11%
Trans Fat 2g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 300mg	12%
<b>Total Carb</b> 15g	5%
Dietary Fiber less than 1g	3%
Sugars 1g	
<b>Protein</b> 3g	
Vitamin A 0%	Vitamin C 4%
Calcium 45%	Iron 6%
Thiamin 8%	Riboflavin 6%
Niacin 6%	

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

**Start here**

**Check the total calories per serving**

**Limit these nutrients**

**Get enough of these nutrients**

**Quick Guide to % Daily Value:**  
5% or less is low  
20% or more is high

- ✓ Limit your **total fat** to no more than **56–78 grams a day** (for a 2,000 calorie diet).
  - < 16 grams of **saturated fat** (i.e. *bad fats*)
  - < 2 grams of **trans fat** (i.e. *worse fats*)
  - < 300 mg **cholesterol**
- ✓ Limit Sodium (or salt) in your diet to:
  - < 1500 mg for those with high blood pressure
  - < 2300 mg for those without high blood pressure
- ✓ Avoid foods with trans fats