

WHAT'S IN YOUR FOOD?

SERVING SIZE

Serving sizes are found at the top of the label. Examples of a serving size can be 1 slice of bread, a 6-inch tortilla, or 1 cup of milk. The serving size is not necessarily a portion size, rather it is a recommendation on how much to eat based on a 2,000 calorie diet.

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

* 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.

% DAILY VALUES

These numbers show how much of a nutrient is in a serving of food. A general guide: 5% DV or less of a nutrient per serving is considered low, 20% DV or more of a nutrient per serving is considered high.

SUGARS

When you're looking at sugar, anything under 9 total grams of sugar, whether that's natural or added sugars, is best. Natural sugars are those found most commonly within fresh fruits and vegetables and work to energize your body. Keep an eye out for added sugars as they can appear in processed foods, such as candy, cookies, sweetened beverages, jams, and ice cream. Added sugars have no nutritional value and contribute extra calories.