

How to Read a Food Label



Tips on Reading Food Label

- Pay attention to the serving size!
- The calories shown are the amount that are in one serving
- Saturated fat should be *less than* 10% of total calories per day
- Aim to eat *less than* 2300mg of sodium per day
- Added sugars should be *less than* 10% of total calories per day

<i>Term</i>	<i>Definition</i>
“High”	Ex. “High in protein” Food needs to contain 20% or more per serving
“Good source of”	A serving of the food provides 10-19% of the daily value for the nutrient
“Lean”	Can be used on seafood or meat that contains less than 10g of fat, 4.5g or less of saturated fat, and less than 95mg of cholesterol per serving
“Low”	Ex. “Low in sodium”