

# How to Read Nutritional Labels

1. Serving Size - This number reflects how much a person typically eats.

2. Calories - This shows how much calories, or energy, is in a serving of the food/drink. This number is calculated with food science.

3. Nutrients - Labels tend to bold important nutrients that impact our health. Many Vitamins and Minerals tend to be listed last.

4. Daily Value - These percentages show how much nutrients are present in the food compared to recommended amounts determined by scientists.

Nutrition Facts	
About 13 servings per container	
Serving size 8 crackers (31g)	
[1 serving = 2 full cracker sheets]	
Amount per serving	
<b>Calories</b>	<b>130</b>
% Daily Value*	
<b>Total Fat</b> 3g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 160mg	7%
<b>Total Carbohydrate</b> 24g	9%
Dietary Fiber 1g	4%
Total Sugars 8g	
Includes 8g Added Sugars	16%
<b>Protein</b> 2g	
Vitamin D 0mcg	0%
Calcium 13mg	0%
Iron 0.93mg	6%
Potassium 48mg	0%

\* 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.

## What Can We Say About This?

- There are 8 graham crackers per serving.
- 8 graham crackers are 130 calories.
- A serving has 7% of the daily value of sodium. Dietitians recommend to keep sodium intake to 2,300 mg or less per day to decrease risk of various chronic diseases.

# Now You Try!



## What Can We Say About This?

- There is \_\_\_\_\_ of peanut butter per serving.
- A serving of this peanut butter is \_\_\_\_\_ calories.
- How much daily percentage of total fat does a serving of peanut butter have? \_\_\_\_\_
- I used 3 servings of peanut butter on my sandwich. How many grams of protein did i consume from the peanut butter? \_\_\_\_\_
- Which nutrient has 3 grams per serving? \_\_\_\_\_
- Does this peanut butter have any added sugars? If so, how many per serving? \_\_\_\_\_

# Now You Try!



## What Can We Say About This?

- There is 2 tablespoons of peanut butter per serving.
- A serving of this peanut butter is 190 calories.
- How much daily percentage of total fat does a serving of peanut butter have? 20%
- I used 3 servings of peanut butter on my sandwich. How many grams of protein did i consume from the peanut butter? 21 grams
- Which nutrient has 3 grams per serving? Fiber
- Does this peanut butter have any added sugars? If so, how many per serving? Yes, 2 grams