

# Reading Food Labels

**Saturated fat per serving**

Trans fat per serving:  
Choose foods that have 0g of trans fat, and make sure to check for partially hydrogenated oil in the ingredients list.

Nutrition Facts		
Serving Size <u>1/8 cup</u> (31g) about 8 pieces		
Servings Per Container <u>9</u>		
<b>Amount Per Serving</b>		
<b>Calories</b>	160	Calories from Fat 80
<b>% Daily Value*</b>		
<b>Total Fat</b>	9g	<b>14%</b>
Saturated Fat	<u>3g</u>	<b>15%</b>
Trans Fat	<u>0g</u>	
<b>Cholesterol</b>	0mg	<b>0%</b>
<b>Potassium</b>	90mg	<b>3%</b>
<b>Sodium</b>	160mg	<b>7%</b>
<b>Total Carbohydrate</b>	18g	<b>6%</b>
Dietary Fiber	0g	<b>0%</b>
Sugars	4g	
<b>Protein</b>	2g	
Vitamin A 0%	•	Vitamin C 0%
Calcium 0%	•	Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:		
	Calories	2,000    2,500
Total Fat	Less than	65g    80g
Sat. Fat	Less than	20g    25g
Cholesterol	Less than	300mg    300mg
Sodium	Less than	2,400mg    2,400mg
Total Carbohydrate		300g    375g
Dietary Fiber		25g    30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4		

Serving size

Servings per container

% DV of saturated fat:  
Foods with a DV for saturated fat of 5 or less are low in saturated fat. Foods with a % DV for saturated fat of 20 or more are high in saturated fat. The daily goal is to choose foods that together contain less than 100% of the DV for saturated fat.

Ingredients: Unbleached enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate [vitamin B<sub>1</sub>], riboflavin [vitamin B<sub>2</sub>], folic acid), soybean and/or palm oil, whey (from milk), sugar, partially hydrogenated cottonseed oil, high-fructose corn syrup, cheddar cheese powder (pasteurized milk, cheese culture, salt, enzymes), sunflower oil, salt, leavening (baking soda and/or calcium phosphate), disodium phosphate (stabilizer), soy lecithin, dried yeast, maltodextrin, artificial color (includes yellow 6), natural flavor, modified tapioca starch, buttermilk, malted barley flour, lactic acid