

# Reading Food Labels

## Reading the Food Label

**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 1/8 cup (31g, about 8 pieces)

Servings Per Container 9

---

**Amount Per Serving**

**Calories** 160      Calories from Fat 80

---

**% Daily Value\***

<b>Total Fat</b> 9g	<b>14%</b>
Saturated Fat <u>3g</u>	<u>15%</u>
<i>Trans</i> 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	<b>4%</b>
<hr/>	
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

**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.

**% DV of vitamins and minerals:**  
The daily goal is to choose foods that add up to 100% of the DV for vitamins A and C and for iron and calcium. Foods with a DV of 5% or less are low in these nutrients. Foods with a DV of 20% or more are high in these nutrients.

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

From L.W.Y. Cheung, H. Dart, S. Kalin, B. Otis, and S.L. Gortmaker, 2016, *Eat Well & Keep Moving*, 3rd ed. (Champaign, IL: Human Kinetics).