

# Reading the Food Label

| Nutrition Facts  |                                |                        |
|--|--------------------------------|------------------------|
| Serving Size   | (1/8 cup) (31g) about 8 pieces | Serving size           |
| Servings Per Container   | 9                              | Servings per container |
| Amount Per Serving   |                                |                        |
| <b>Calories</b>  | 160                            | Calories from Fat 80   |
| % Daily Value*   |                                |                        |
| <b>Total Fat</b>   | 9g                             | 14%                    |
| Saturated Fat  | 3g                             | 15%                    |
| Trans Fat  | 0g                             |                        |
| <b>Cholesterol</b>   | 0mg                            | 0%                     |
| <b>Potassium</b>   | 90mg                           | 3%                     |
| <b>Sodium</b>  | 160mg                          | 7%                     |
| <b>Total Carbohydrate</b>  | 18g                            | 6%                     |
| Dietary Fiber  | 0g                             | 0%                     |
| 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   |                                |                        |

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.

% 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