

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		
Calories	160	Calories from Fat 80
% Daily Value*		
Total Fat	9g	14%
	Saturated Fat 3g	15%
	Trans Fat 0g	
Cholesterol	0mg	0%
Potassium	90mg	3%
Sodium	160mg	7%
Total Carbohydrate	18g	6%
	Dietary Fiber 0g	0%
	Sugars 4g	
Protein	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 B₁], riboflavin [vitamin B₂], 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