## Center for Youth Wellness

## **Step into Nutrition Facts Label Reading**

Step 1:	Nutrition Facts for 1% Milk						
Scope Out the Serving		NUTRITION FACTS					
If eating the whole container multiply calorie, fat, fiber, & sugar		Serving Size: 1 cup (8 oz)					
counts by this number.		Servings Per Container: 1					
Step 2:							
Consider Calories		Amount Per Serving					
Even healthy foods like nuts are high in calories. Try for:		Calo	ries 104	Ca	alorie	es from F	at
200-300 for a snack 300-500 for a meal							
					% D	aily Valu	е
Step 3:		Tota	l Fat 3g			5	%
Factor in Fat  More important than total fat is		Sat	urated Fat 2g			10	%
the amount of saturated & trans		Tra	Frans Fat 0g				
fat. Eat <b>less</b> of both for ♥ health.  Try for:		Cholesterol 12mg Sodium 109mg			4	%	
≤ 20g per day <b>Saturated Fat</b>						%	
0g per day <b>Trans Fat</b>		Total Carbohydrate 12g 4%				%	
Step 4:		Die	tary Fiber 0g			0	%
Search for Sugar & Fiber		Sug	gars 13g				
More fiber and less sugar keep your body satisfied longer.		Prot	<b>ein</b> 8g				
≥ 25g per day <b>Fiber</b> ≤ 50g per day <b>Sugar</b> *							
			Percent Daily Value Provides a quick character food is high or low nutrient.	neck	of whet	ther a	

 $\leq 5\% = low$ 

≥ 20% = high

10 -19% = good source

<sup>\*</sup> This does not include natural sugars such as those found in fruit, plain milk and plain yogurt.