Serving Size: 1 Cup (52g/1.8 ounces)

Calories from fat 10

% Daily Value

2%

0%

0%

0%

4% 14%

7%

24%

14%

0%

0%

6%

10%

20%

Servings Per Container: about 8

Amount Per Serving

Saturated Fat Og

Trans Fat Og

Cholesterol Omg

Potassium 480mg

Total Carbohydrate 20g

Dietary Fiber 6g

Sugar Alcohols 8g

Sodium 85mg

Sugars 6g

Protein 13g

Vitamin A

Vitamin C

Phosphorus

Calcium

Iron

Calories 140

Total Fat 1g

Guide to Reading Nutrition Labels

Step 1 Look at the serving size

The nutrition information is based on "**one serving"** of the food (decided by the food manufacturer), not the entire package. You may be eating more or less than the serving listed.

Step 2 Check the total carbohydrates

The total amount of carbohydrates will come from **sugar, fibre** & **starch** (starch is often not included on the label).

Step 3| Subtract the fibre

Fibre is a type of carbohydrate that does not break down into sugar in the body, so we can take it out of the total.

*Step 4| Subtract the sugar alcohols (if any)

You only need to do this step if you see **sugar alcohols** listed under carbohydrates. These are a type of artificial sweetener, sometimes used in foods labeled 'diet' or 'sugar-free'. Just like fibre, these do not break down into sugar, so we can **subtract this number from the total**.

In this example: 20g total carbohydrates - 6g fibre - 8g sugar alcohols
= 6g total digestible carbohydrates

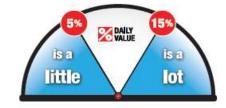
Other nutrients

Generally, look for foods that are **HIGHER** in **fibre** and **LOWER** in **sugar**, **salt** and **saturated/trans fats**.

Keep it simple

✤ % Daily Value

This is based on an average adult who needs 2000 calories per day. Your needs may be higher or lower than that. Use it to compare two products, or to see if something has **a little (5% or less)** or **a lot (15% or more)** of a nutrient.



Claim confusion

'No sugar added' does not mean the product doesn't contain sugar. It may contain natural sugars. It also may be high in total carbohydrates. **'Low fat, low sugar,** or **low sodium'** does not necessarily mean the food is healthy.

