How to Read a Nutrition Label

Serving size is important – it is the first thing **anyone** should look at when reading a label. Why? It is not just what you eat but how much. Overeating – even on a "healthy" food – isn't a good thing. Always look at the serving size on the label and pay attention to how much you are eating.

Calories give you energy. Everyone has their own calorie "allowance" based on their age, height, weight, gender and activity level. You need enough calories to keep you healthy and energized … but not **too** much. Why? If you eat more calories than what your body needs for that day, your body will keep those calories which can lead to weight gain.

Nutrition Facts

Serving Size	1 Bar (74g)
Servings Per Container	1

Amount Per Serving			
Calories	300	Calories from Fat	60
			% Daily Value*
Total Fat 7g			**11%**
Saturated Fat 2g			**10%**
Trans Fat 0g			
Cholesterol 0mg			
Sodium 350mg			
Total Carbohydrate 57g			**19%**
Dietary Fiber less than 1g			**1%**
Sugars 25g			
Protein 3g			

Vitamin A	10%	• Vitamin C	0%
Calcium	0%	• Iron	8%
Vitamin D	6%	• Thiamin	20%
Riboflavin	25%	• Ni…	25%
Vitamin B6	25%	• Folic Ac…	15%

*Percent Daily Values are based on a 2,000 calorie … daily values may be higher or lower depending on your calori…

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated 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

Carbohydrates help to fuel your body. There are different types of carbohydrates…and fiber is one of them. Fiber is important for a healthy body, so look for fiber on labels and see if you can add up to at least 25 grams of fiber each day.

Fat is an important nutrient that your body uses for growth and development, but eating too much can be bad for your heart. There are different types of fat. Experts say you shouldn't eat too much saturated fat or *trans* fat – so keep your eye on those nutrients on the label.

Vitamins and minerals help your body work properly. You need a variety of nutrients to stay healthy. The best way to get a variety of vitamins and minerals is to eat a variety of foods. When reading the label, the higher the percentages, the more vitamins and minerals are in that food.

Protein is like building blocks for your body. Your body needs protein to build and repair essential parts of the body, such as muscles, blood, and organs.