

# Investigate the Food Label Facts



## Fact: Read this first.

The numbers on a label are based off of **one serving** of the item. The **servings per container** show how many servings are in the whole container.

## Fact: Know how much sugar.

This is the total amount of natural and added **sugars** per serving. Foods high in sugar are NOT a good source of energy and add on extra calories we don't mind.

## Fact: These are great.

**Vitamins and minerals** help keep your body happy and healthy. The healthiest foods are **high in vitamins**, meaning 20% or more of each vitamin.

Nutrition Facts	
8 servings per container	
<b>Serving size</b>	<b>2/3 cup (55g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>230</b>
% Daily Value*	
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carbohydrate</b> 37g	<b>13%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 12g	
Includes 10g Added Sugars	<b>20%</b>
<b>Protein</b> 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## Fact: Limit fats.

Our body needs some **fat**, but not too much! Look for foods with **no trans fat** or foods that are **low in saturated fats**. These fats are not good for your heart.

## Fact: Watch out.

Look for foods **low in cholesterol and sodium**. Our heart doesn't like too much of these.

## Fact: Protein is energy.

**Proteins** are the building blocks for ALL of our cells. That's important. Protein provides a healthy AND long lasting energy source.

## How to calculate sugar

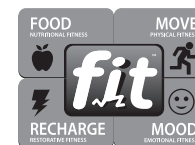
1. Investigate the serving size of the item.
2. Locate the grams (g) of sugar in the item (for one serving).
3. Fill in the formula (below) to figure out how many packets of sugar are in the item.

$$\boxed{\phantom{000}} \div \boxed{4} = \boxed{\phantom{000}}$$

Total grams (g) of one serving  $\div$  4 grams (g) is how much is in one sugar packet = Number of sugar packets per serving

## Investigate your own food label.

1. Find the food label on your favorite food. \_\_\_\_\_ number of servings \_\_\_\_\_ mg of cholesterol \_\_\_\_\_ grams of fiber \_\_\_\_\_ grams of protein
2. Look at the facts and determine if this food is a healthy source of energy. \_\_\_\_\_ grams of fat \_\_\_\_\_ mg of sodium \_\_\_\_\_ grams of sugar \_\_\_\_\_ high in vitamins and minerals



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