

Understanding Food Labels



What is the **servicing size**?

How many **servicing** are in this container?

How many **calories** in 1 serving? (1/3 of a muffin)

STOP&SHOP

Nutrition Facts

Serving Size **1/3 muffin** - 2.08 oz (59g)
 Servings Per Container **About 12**

Amount Per Serving	
Calories	200 Calories from Fat 90
	% Daily Value*
Total Fat	10g 16%
Saturated Fat	2g 10%
Trans Fats	0g
Cholesterol	30mg 10%
Sodium	160 mg 7%
Total Carbohydrate	25g 8%
Dietary Fiber	<1g 3%
Sugars	13g
Protein	2g
Vitamin A	0%
Vitamin C	0%
Calcium	0%
Iron	4%

* 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	2,400 mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Serving Size: All of the information (calories, fat and other nutrients) is given for one serving. The manufacturer determines the serving size and the number of servings per container. Remember that a package that looks small may have more than one serving in it. As the label above shows, one muffin may be more than one serving!

% Daily Value: The percentages are based on a 2,000-calories diet, which may be higher or lower than you need.

Total Fat: This includes all the fat in one serving and is listed in grams (g). There are good fats and bad fats; avoid **Saturated Fat** and **Trans Fats** and partially hydrogenated oil, which have been linked to significant health problems. **Polyunsaturated Fat** and **Monounsaturated Fat** are healthier, and most of the fat you eat should be these types.

Cholesterol and **Sodium** are associated with health risks, and it is wise to limit your intake of these.

Total Carbohydrates: This includes all the carbohydrates in one serving, whole grains (healthy) as well as refined (white and less healthy) carbohydrates. Dietary fiber and sugar are types of carbohydrates. **Dietary Fiber** is important for health and you should try to eat plenty each day. **Sugars** includes all forms of sugar, and they offer only flavor and provide little nutrition, so they should be avoided.

Ingredients: Ingredients are listed in another location on the package, not in the nutrition facts panel. Ingredients are listed from largest to smallest amount by weight. Avoid partially hydrogenated oils and high fructose corn syrup.