

Understanding the Food Label

Nutrition Facts

4 servings per container
Serving size 1 cup (227g)

Amount per serving
Calories 280

	% Daily Value*
Total Fat 9g	12%
Saturated Fat 4.5g	23%
<i>Trans</i> Fat 0g	
Cholesterol 35mg	12%
Sodium 850mg	37%
Total Carbohydrate 34g	12%

Serving Size:

The serving size should be multiplied by the servings per container.

Example: There are 4 servings in this dish, each serving is 1 cup. Which means there are 4 cups total (908g)

Calories: Typically shows how many calories per serving. This dish has 280 calories for one serving & 1120 calories for the entire dish.

Total Fat: Measured in grams, total fat will list the types of fat found in a serving size of package food. Saturated fat and trans fats are associated with an increased risk of cardiovascular disease. (Multiply these amounts by the total number of servings)

Sodium: Like sugar, sodium (salt) is naturally found in a lot of foods. In this example, there are 850mg of sodium in one serving & 3400mg for the entire dish.

Cholesterol: The number tells you how much cholesterol is included in one serving size of the product. Total cholesterol in this dish would be 140g.

* Learning about the foods you eat can help you control your blood pressure & blood sugar levels.



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