

Nutrition Facts Panel 101

Daily Nutrition Guideline		
	Women	Men
Protein	60g	80g
Carbohydrates	≤ 60g	≤ 60g
Fat	≤ 20g	≤ 20g

How to Read a Food Label

Look at the serving size first. All of the information below will refer to the serving size

Aim for **3g of fat** or less per serving

Watch out for Trans Fat. This type of fat should be *completely avoided*

Polyunsaturated and monounsaturated fat should make up the majority of the total fat

Protein is listed near the bottom of the panel. Remember its importance in your meals. Choose high protein foods to meet your daily goal

Nutrition Facts

Serving Size 1 bagel (43g)
Servings Per Container 12

Amount Per Serving

Calories 120 **Calories from Fat 10**

	% Daily Value
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
Cholesterol 0mg	0%
Sodium 210mg	9%
Total Carbohydrate 24g	8%
Dietary Fiber 1g	4%
Sugars 6g	
Protein 4g	

Vitamin A	0%	•	Vitamin C	0%
Calcium	4%	•	Iron	8%
Thiamin	10%	•	Riboflavin	6%
Niacin	6%	•	Folic Acid	10%

*Percent (%) Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower based on your calorie needs.

	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

Be mindful of serving sizes. Many packaged foods contain more than 1 serving per container!

Keep an eye on sodium. Choose foods under 300mg per serving

Total Carbohydrate includes starch, sugar, and fiber

Fiber is not digested, so you can subtract this amount from the grams of **Total Carbohydrate**

Limit your sugar intake. Stay under 12-15g of sugars *per meal*

Tips to Consider

- % Daily Values listed on the Nutrition Facts Panel are based on a daily 2,000 calorie diet. You will not be eating this many calories in your 3 small meals, so keep in mind that many of these values will not be accurate for you.
- Amounts smaller than .5g are not required to be listed on the Nutrition Facts Panel. For example, if an item has .4g of fat, it may be listed as 0g on the panel. Check the list of ingredients to be sure.