

Reading Food Labels

Serving Size is the amount of food that makes up 1 serving. On this label it is 1 cup. This label tells you the nutrition found in 1 cup.

Total Carbohydrate
Dietary Fiber and Total Sugars are all included in the total carbohydrate amount.

Total Sugars
Are sugars that are naturally in the food.

Added Sugars
are sugars that are not naturally in the food.

Nutrition Facts

18 servings per container

Serving size 1 cup (28g)

Amount per serving

Calories 100

% Daily Value*

Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 140mg	6%
Total Carbohydrate 20g	7%
Dietary Fiber 3g	11%
Total Sugars 1g	
Includes 1g Added Sugars	9%
Protein 3g	

Vitamin D 2mcg	10%
Calcium 260mg	10%
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.

This is the weight of 1 serving. This is useful if you weigh your food with a digital food scale.

% Trans Fat
Try to avoid foods with more than 0 grams of *trans* fat.

Sodium
Foods with 140 mg or less are low-sodium foods. Foods with more than 400 mg are high- sodium foods.

Ingredients.
Look for a short list of ingredients that you recognize.

INGREDIENTS: WHOLE GRAIN OATS (INCLUDES THE OAT BRAN), MODIFIED CORN STARCH, SUGAR, SALT, TRIPOTASSIUM PHOSPHATE, WHEAT STARCH, VITAMIN E.
CONTAINS: WHEAT

Allergies
The bottom of the ingredient list lists any of the top 8 allergens that are in the food.