

# Understanding A Nutrition Label



Scan the QR code with your phone's camera to learn more!

**Serving Per Container** tells you how many servings are in the container.

**The Serving Size** lets you know the "standardized" serving of a product. It is not a suggestion of how much you should eat.

### Calories Per Serving

At GCCM, we aim for under 500 calories for breakfast, lunch, and dinner and 200-300 calories for snacks. This is based on a 2,000 calorie a day diet but note that everyone's calorie needs are different.

**Saturated Fat** is a nutrient we want to limit. Common food sources are animal products like meat, butter, and dairy. Aim for less than 5 grams per meal.

**Sodium** can cause high blood pressure when eating or drinking more than 2,300 milligrams a day. Aim for 550 mg of less per meal and 400 mg or less for snacks.

**Dietary Fiber** regulates your digestive system, helps control blood sugar, and helps you feel fuller longer. Aim for 5 to 10 grams of fiber per meal and at least 3 grams in snacks.

**Added Sugar** is the type of sugar you want to be mindful of, as this number reflects any form of sugar that is not naturally occurring in the food. Aim for less than 10 grams of added sugar per meal or snack.

## Nutrition Facts

1 servings per container

**Serving Size** 8 fl oz (213 g)

**Amount per serving**

**Calories** 250

**% Daily Value \***

**Total Fat 9g** 12%

**Saturated Fat 2g** 9%

*Trans Fat* 0g

**Cholesterol less than 5 mg** 0%

**Sodium 80mg** 4%

**Total Carbohydrate 37g** 13%

**Dietary Fiber 5g** 16%

Total Sugars 20g

**Includes 0g Added Sugars** 0%

**Protein 7g** 14%

Vitamin D 0.73mcg 4%

Calcium 80mg 6%

Iron 0.37mg 2%

Potassium 600mg 12%

\*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.

**The % Daily Value (%DV)** can help you make sure you are getting enough of key nutrients and limiting ones that cause health problems in excess:

- 5% or less is low and 20% or more is high

Aim for including foods that:

- Have a HIGH %DV for Dietary Fiber, Vitamin D, Calcium, Iron, and Potassium.
- Have a LOW %DV of Saturated Fat, Sodium, and Added Sugars