

Nutrition Facts Label

(All nutrition labels look like this)

Know the SERVING SIZE.

The information, in this example, is for 125 mL (or 87 g) of the food.

Note: If you eat more or less than 125 mL, you have to add or subtract from the numbers on the label.

Saturated and Trans Fats

- These fats (Saturated and Trans) are bad fats.
- 0 g of Saturated and Trans fats is best.

Protein: In this example, there is 3 grams of protein in every serving (125 mL).

Nutrition Facts			
Per 125 mL (87 g)			
Amount	% Daily Value		
Calories 80			
Fat 0.5 g			1 %
Saturated 0 g			0 %
+ Trans 0 g			
Cholesterol 0 mg			
Sodium 0 mg			0 %
Carbohydrate 18 g			6 %
Fibre 2 g			8 %
Sugars 2 g			
Protein 3 g			
Vitamin A	2 %	Vitamin C	10 %
Calcium	0 %	Iron	2 %

DAILY VALUE

- This % value is how much of each item listed on the label you should eat in a day.
- In this example, a 125 mL serving gives you 1 % of the fat you need each day and 6% of your carbohydrates.

- **Sodium** means salt.

- **Fibre:** In this example, this food gives you 8% of the fibre you should have in a day.