



# Find nutrition labels **confusing** at times?



Pay attention to the following **5** areas:

| <b>NUTRITION FACTS</b> |   |                       |                      |
|------------------------|---|-----------------------|----------------------|
| <b>1</b>               | Serving Size 1 cup (228 g)<br>Servings Per Container 2  |                       |                      |
|                        | Amount Per Serving  |                       |                      |
| <b>2</b>               | Calories 250  | Calories from Fat 110 |                      |
|                        | % Daily Value   |                       |                      |
| <b>3</b>               | Total Fat 12 g  |                       | 18%                  |
|                        | Saturated Fat 3 g   |                       | 15                   |
|                        | Trans Fat 3 g   |                       |                      |
|                        | Cholesterol 30 mg   |                       | 10%                  |
|                        | Sodium 470 mg   |                       | 20%                  |
|                        | Total Carbohydrate 35 g   |                       | 10%                  |
|                        | Dietary Fiber 5 g   |                       | 20%                  |
|                        | Sugars 5 g  |                       |                      |
|                        | Protein 5 g   |                       |                      |
|                        | Vitamin A   |                       | 4%                   |
|                        | Vitamin C   |                       | 2%                   |
|                        | Calcium   |                       | 20%                  |
|                        | Iron  |                       | 4%                   |
| <b>4</b>               | *Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.  |                       |                      |
|                        |   | Calories              | 2,000    2,500       |
|                        | Total Fat   | Less than             | 65 g    80 g         |
|                        | Saturated Fat   | Less than             | 20 g    25 g         |
|                        | Cholesterol   | Less than             | 300 mg    300 mg     |
|                        | Sodium  | Less than             | 2,400 mg    2,400 mg |
|                        | Total Carbohydrate  |                       | 300 g    375 g       |
|                        | Dietary Fiber   |                       | 25 g    30 g         |
| <b>5</b>               | Ingredients: ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, ROFLAVIN, FOLIC ACID), PARTIALLY HDROGENATED VEGEATBLE OIL, SUGAR, HIGH FRUCTOSE CORN SYRUP, SALT, SEAVENING BAKING SODA, CALCIUM PHOSPHATE), SOY LECITHIN (EMULSIFIER), MALTED BARLEY FLOUR. |                       |                      |

## 1 Serving Size

- The size of the serving influences the amount of calories and nutrients that appear on the top part of the label.
- Serving sizes are based on standard household measurements—cups, ounces and pieces.

## 2 Calories

- The number of calories listed are for one serving.

## 3 Nutrients

- This section lists the nutrient amounts per serving, including: total fat, saturated fat, cholesterol, sodium, total carbohydrates, dietary fiber, protein, vitamins A and C, calcium and iron.

#### 4 Percent of Daily Value

- Based on a 2,000 calorie diet, this value tells how much of the daily recommended amounts of nutrients are contained in one serving of that food.

#### 5 Ingredients

- These are listed in order based on how much of the ingredient is contained in the food.
- Ingredients that make up most of the product are listed first.

For further information on understanding food labels, [call a Dedicated Health Coach](#) right now.

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