

# READING FOOD LABELS

## Year of Wellness Worksheet

**Nutrition Facts**

8 servings per container  
**Serving size** 2/3 cup (55g)

Amount per serving  
**Calories** 230

	% Daily Value*
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carbohydrate</b> 37g	<b>13%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 12g	
Includes 10g Added Sugars	<b>20%</b>
<b>Protein</b> 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 240mg	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.

**Take-aways:**

Three horizontal rounded rectangular boxes for notes, each with a colored circle on the left: yellow, green, and light blue.

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Three horizontal rounded rectangular boxes for notes, each with a colored circle on the left: light purple, green, and dark grey.