

Reading the nutrition label on a product is no easy task! Here are some tips to help you make healthy choices:

Nutrition Facts

Serving Size 1 Bar (60g)
Servings Per Container 6

Amount Per Serving

Calories 250 **Calories from Fat 120**

	% Daily Value*
Total Fat 14g	22%
Saturated Fat 8g	40%
Trans Fat 0g	0%
Cholesterol 10mg	3%
Sodium 240mg	10%
Total Carbohydrates 23g	8%
Dietary Fiber 7g	28%
Sugars 7g	
Protein 17g	22%
Calcium 10%	Iron 8%

Not a significant source of trans fat, vitamin A, vitamin C and iron.
*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	65g	80g
Sat Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrates		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g

Ingredients:

Soy Protein Nuggets (Isolated Soy Protein, Tapioca, Starch, Salt) Corn Syrup, Chocolate Flavored Coating (Sugar, Partially Hydrogenated Palm Kernel Oil, Cocoa Powder, Whey Powder, Vanilla), Cocoa Butter, Oat Fiber, Glycerine, Less than 2% of the Following: Calcium Phosphate, Natural Flavors, Corn Syrup Solids and Vitamin & Mineral Blend

Serving Size Watch-Outs

- **Serving Size** indicates the size of ONE serving in the package. The nutrition facts listed are based on this serving size. **Servings Per Container** tells you how many servings are in the entire container or package. If you eat the entire package (in this case – 6 servings) you'll need to multiply the nutrition facts by 6. For example, there are 250 calories in one bar; if you eat 6 servings that's 1500 calories.

The Skinny On Fats

- Many fat-free foods contain added sugar, so watch out.
- "Reduced Fat" means 25% less fat.
- It's not the fat, it's the type of fat. Aim for more polyunsaturated and monounsaturated fat (healthy fats) instead of saturated and trans fat.
- When a label says zero trans fats but the ingredients list partially hydrogenated oil, the product does contain trans fat, but less than 0.5 g per serving.

Sodium

- Look for products with 10% or less of the Daily Value (%DV) per serving.

Sugar & Dietary Fiber

- Eating foods high in fiber can help control weight and improve blood sugar and cholesterol levels. Choose whole grain products with 3 grams or more of fiber per serving.
- Watch out for sugar: Sugar can be called many things – fructose, sucrose, high fructose corn syrup, molasses – and your body treats it all the same way, packing on pounds when you eat too much of it. Aim for 10 grams or less per serving.

% Daily Value

- 5% or less is low, 20% or more is high on average for 2,000 calories/day.

Ingredient Watch-Outs

- Look at the first 3-4 ingredients. Ingredients are listed in descending order by the amount contained in the product. If sugar is listed in the top 5, for example, avoid it.
- Long list? Products containing more than 20 ingredients (with some hard to pronounce) are best avoided. Home-made bread, for example, uses about 5 ingredients. Many loaves on the supermarket shelf contain 20+.