

# How to read food labels

## Things to pay attention to:

- **Ingredients list** – for example, sugar might be referred by another name such as sucrose
- **Serving size** – the food item may contain more than one serving size
- **Calorie (or energy) content**
- **Carbohydrate content**
  - ↳ **"Sugar-free" does not mean carbohydrate-free – starch also contributes to carbohydrate content**
  - ↳ **"No sugar added" does not mean no carbohydrates. The food item may contain naturally occurring sugars (e.g., fruit juices) or other carbohydrates such as starches**
  - ↳ Fat-free products can still have carbohydrates which contribute to caloric intake

## Nutrition Facts

Servings Size 2/3 cup  
Servings Per Container 6

Amount Per Serving  
**Calories 220**

	% Daily Value
<b>Total Fat 2g</b>	6%
Saturated Fat 2g	6%
Trans Fat 0g	
<b>Cholesterol 0mg</b>	0%
<b>Sodium 120mg</b>	8%
<b>Total Carbohydrate 20g</b>	20%
Dietary Fiber 8g	16%
Sugars 18g	
Total Sugars 18g	18%
<b>Protein 6g</b>	
Vitamin A	20%
Calcium	6%
Vitamin C	6%
Zinc	16%

