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Nutrition Facts Label Pocket Guide



Nutrition Facts	
Amount per serving	
310 Calories	
Serving size 1 cup (236g)	
Servings per container 7	
Total Fat	12g 23%
Saturated Fat	4.5g 9%
Trans Fat	0g 0%
Cholesterol	65mg 13%
Sodium	520mg 23%
Total Carbohydrate	26g 9%
Dietary Fiber	1g 4%
Total Sugars	2g
Added Sugars	0g 0%
Protein	24g
Vitamin D	0mcg 0%
Calcium	148mg 10%
Potassium	430mg 10%
Iron	2mg 0%

*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.

Amount per serving
The label shows the amount of each nutrient in 1 serving size. Comparing serving sizes can be helpful when comparing different product labels.

%DV=Percent Daily Value
It shows the percentage of the Daily Value for a nutrient, in one serving of food. The Daily Values are references for how much to consume, or not exceed in a day, based on a 2,000 calories diet. The % DV can be used as a guide to help determine if a food is high or low in a nutrient. Some nutrients do not have a Daily Value or do not list the % DV on the label.

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Nutrients
The label shows the amount of each nutrient in grams, or milligrams, or micrograms.

Consume MORE of these nutrients

Most of the time, choose foods that have **at least 20%** of one or more of the following:

1. Dietary Fiber

- Listed under Total Carbohydrate
- The amount of Total Carbohydrate includes Dietary Fiber

2. Vitamins & Minerals

- Vitamin D, calcium, iron and potassium are listed on every label—other vitamins and minerals may also be listed

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Consume LESS of these nutrients

Most of the time, choose foods that have **5% or less** of the following:

1. Saturated Fat

- Listed under Total Fat
- The amount of Total Fat includes Saturated Fat

2. Sodium

3. Added Sugars

- Listed under Total Sugars, which is listed under Total Carbohydrate
- The amount of Total Sugars includes Added Sugars
- The amount of Total Carbohydrate includes Total Sugars

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Imperial to Metric Conversion Table

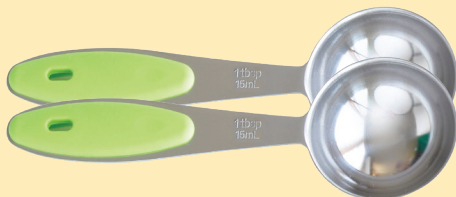
Liquid Measurements



1 teaspoon / 1 tsp = 5mL



1 Tablespoon / 1 Tbsp = 15mL



2 Tbsp = 30mL = 1 fluid ounce / 1 fl. oz.



1 cup
 = 16 Tbsp
 = 8 fluid ounces
 = 1/2 pint
 = 250 mL



1 quart
 = 4 cups
 = 950 mL



1 gallon
 = 4 quarts
 = 3.8 L

Weight



1 ounce / 1 oz. = 28 g
 1 pound / 1 lb. = 16 oz.
 1 pound / 1 lb. = 454 g