

Understanding Nutrition Labels

1 Serving Size

"Serving size" will tell you how much of a certain food the rest of the nutrition label refers to.

"Servings per container" refers to how many servings there are in the package

*weight is often a more accurate measurement

2 Calories

Calories per serving.

Use this in combination with serving size to find how many calories you are eating

ex: if you have 2 servings (4 Tbsp), 2x190=380 calories

3 % Daily Value

Based on the RDA for nutrients for a 2000 calorie diet

5% or lower means this food is not a good source of that nutrient

4 Total Fat

"Total Fat": includes all types of fat

Saturated Fat and Trans Fat are also on the label.

Keep saturated fats low and aim to eliminate trans fats.

5 Total Carbohydrate

Though carbs get demonized, they are still an important part to a well rounded, balanced diet, especially for active individuals.

6 Dietary Fiber

Fiber: Reduces MANY chronic diseases; increases satiety; "moves stuff along" /Helps with regular bowel movements

Men: 35-40g/day Women: 25-30g/day

Nutrition Facts

1 Serving Size 2 Tbsp (32g)
Servings Per Container About 25

Amount Per Serving

2 **Calories** 190 Calories from Fat 140

% Daily Value 3

4 **Total Fat** 16g **25%**

Saturated Fat 3g **15%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 150mg **6%**

5 **Total Carbohydrate** 6g **2%**

Dietary Fiber 2g 6 **8%**

7 Sugars 3g

Protein 7g 8 **7%**

7 Sugars

"Sugars": includes naturally occurring and added sugar

"Added Sugars" are what are added during the processing/making of the food (ex. sucrose, honey, agave, table sugar)

8 Protein

- Helps to maintain, increase, and repair muscle tissue and other tissues including skin, hair, and nails
- Contributes to bone health and strength
- Decreases hunger
- Improves immune system

We want to aim for 1g/lb of your ideal bodyweight per day

*Though this food contains protein, it would not be considered a good protein source since there is more than twice as much fat