

How to Read a Nutrition Facts Label

- 1 Servings →
- 2 Calories →
- 3 Fat →
- 4 Carbs →
- 5 Protein →
- 6 Vitamins & Minerals →

Nutrition Facts	
6 servings per container	
Serving size 1 Bar (33g)	
Amount per serving	
Calories 140	
<i>% Daily Value*</i>	
Total Fat 6g	8%
Saturated Fat 1.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 55mg	2%
Total Carb. 20g	7%
Dietary Fiber 2g	6%
Total Sugars 12g	
Incl. 8g Added Sugars	16%
Protein 3g	
Vitamin D 0mcg 0%	• Calcium 20mg 0%
Iron 0.5mg 2%	• Potassium 120mg 2%
<small>* 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.</small>	



Focus On Food Labeling Read The Label Set A Healthy Table

JR Anderson



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