

How to Read A Food Label

<p>Serving Size Amount of food nutrient information is based upon</p>	<p>Nutrition Facts Serving Size 1oz (28g) Servings Per Container about 7</p> <hr/> <p>Amount Per Serving</p> <hr/> <p>Calories 170</p> <hr/> <p>Total Fat 15g Saturated Fat 1g Trans Fat 0g Monounsaturated Fat 10g Polyunsaturated Fat 4g Cholesterol 0mg Sodium 0mg Potassium 210mg Total Carbohydrate 5g Dietary Fiber 3g Sugars 1g Protein 6g</p> <hr/> <p>Iron 8% Vitamin E 35% Riboflavin 15% Niacin 6% Folate 2% Vitamin B6 2% Phosphorus 15% Magnesium 20% Zinc 6% Copper 15% Manganese 35%</p>	<p>Serving Per Container # of servings in 1 container</p>
<p>Calories Energy</p>		<p>Saturated Fat Bad for your heart should be limited <2g/serving</p>
<p>Cholesterol <300mg/day</p>		<p>Trans Fat Artery clogging fat should be limited <2g per day 0g/serving</p>
<p>Sodium Salt Aim for <2400mg/Day 140mg/Serving = Low Sodium</p>		<p>Monounsaturated Fat Heart Healthy</p>
<p>Fiber Aim for >3g/serving Aids digestion Keeps you full longer Lowers meal blood sugar</p>		<p>Polyunsaturated Fat Heart Healthy Omega 3 Essential Fats</p>
<p>Protein Average person needs about 70g/day</p>		<p>Potassium Not listed on all labels Aim for 4-5g/day (1000mg=1g)</p>



Colorado**Athletic**Club