The Nutrition Facts Label

Focus on:
1. Servings per container
2. Serving size
3. Total carbohydrates (which include dietary fiber, total sugars and added sugars)

To gain:
• An increased awareness of added sugars in foods
• Help with accurate calculating of carbohydrates
• Help in determining portion sizes
• Understanding of the nutrients in foods to help with meal planning

Nutrition Facts

Serving size 2/3 cup (55g)

Amount per serving
Calories 230

% Daily Value*
Total Fat 8g 10%
Saturated Fat 1g 5%
Trans Fat 0g
Cholesterol 0mg 0%
Sodium 160mg 7%
Total Carbohydrate 37g 13%
Dietary Fiber 4g 14%
Total Sugars 12g
Includes 10g Added Sugars 20%
Protein 3g

Vitamin D 2mcg 10%
Calcium 260mg 20%
Iron 8mg 45%
Potassium 235mg 6%

* 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.

Please consult a dietician or Certified Diabetes Educator for meal planning guidance.