

# GET TO KNOW YOUR FOOD

## Food Label Nutrition Facts

**1** **Serving Size.** The serving size is a common measurement appropriate to the type of foods you're consuming, So if you were eating a strawberry the serving size would be one whole strawberry. If you were drinking milk the serving size would be 1 cup. The only accurate way to determine serving size is by weight, grams for solid foods and milliliters for liquids.

**2** **Calories.** Calories are the amount of energy you get from a single serving of food. The amount of exercise it takes to burn calories is based off of a persons weight. The average adult weighing 160lbs will burn about 85 calories per mile. At the same time, a 220lb person would burn over 110 calories per mile.

**3** **Nutrients.** Nutrients are chemical compounds found in food that are used by the body to function properly and maintain health. **Fats, Cholesterol, Sodium, Carbohydrates and protein** are all necessary for your body to function. However for a healthy diet, the amounts per serving should be limited by your height, weight and age. There are free calorie calculators apps like **Lose It!** that take mystery out of healthy eating. You should consult a physician before making any dietary changes.

Nutrition Facts/Información Nutricional	
about 66 servings per container/aproximadamente 66 porciones por empaque	
<b>Serving size/Tamaño por porción</b>	<b>1/4 cup / taza (30g)</b>
Amount per serving/Cantidad por porción	
<b>Calories/Calorías</b>	<b>110</b>
% Daily Value* / % Valor Diario*	
<b>Total Fat/Grasa Total</b> 1g	<b>1%</b>
Saturated Fat/Grasa Saturada 0g	<b>0%</b>
Trans Fat/Grasa Trans 0g	
<b>Cholesterol/Colesterol</b> 0mg	<b>0%</b>
<b>Sodium/Sodio</b> 0mg	<b>0%</b>
<b>Total Carbohydrate/Carbohidratos Totales</b> 23g	<b>8%</b>
Dietary Fiber/Fibra Dietética 2g	<b>7%</b>
Total Sugars/Azúcares Totales 1g	
Includes 0g Added Sugars/Incluye 0g Azúcares Añadidos	<b>0%</b>
<b>Protein/Proteínas</b> 3g	
Vitamin D / Vitamina D 0mcg	<b>0%</b>
Calcium/Calcio 20mg	<b>2%</b>
Iron/Hierro 0.4mg	<b>2%</b>
Potassium/Potasio 95mg	<b>2%</b>
*The % Daily Value 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.	
*El porcentaje del valor Diario te dice en que cantidad contribuye un nutriente en una porción de alimentos a la dieta diaria. Se usan 2,000 calorías al día como base para hacer recomendaciones generales de nutrición.	

**4** **Daily value.** Daily value is how much a nutrient in a single serving of an individual package of food or supplement contributes to your daily diet. **%DVs** are recommended amounts of nutrients to consume or not to exceed each day. Your daily value is based off of your dietary needs. Most calorie calculator apps will figure in your daily value.

