

Reading a NUTRITION FACTS LABEL

Nutrition Facts labels can help you make healthy food choices. Here's some important information to keep in mind:

Calories

The amount of calories in a serving can help you find the lowest-calorie option for your meal plan

Total fat

Lower-fat foods may help with maintaining a healthy weight

Total carbohydrate

Includes sugar, starches, and fiber

Protein

Helps you feel full, and does not increase blood glucose

Nutrition Facts	
8 servings per container	
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.

Servings

The label shows the number of servings per container. The serving size may only be a portion of the container

Percent Daily Value

Percentages can help you decide if a serving is high or low in that nutrient

Sodium

Choosing food with lower sodium is recommended

Avoid foods with **added sugar** that can raise blood glucose quickly



Don't forget!

Look at **% Daily Value** to make sure you're getting the right amount of nutrients each day



Visit [Cornerstones4Care.com](https://www.cornerstones4care.com) to learn more about nutrition

Cornerstones4Care® is a registered trademark of Novo Nordisk A/S.

Novo Nordisk is a registered trademark of Novo Nordisk A/S.

© 2021 Novo Nordisk US21DI00122 October 2021

[Cornerstones4Care.com](https://www.cornerstones4care.com)

