

Decoding Food Labels

What's the serving size of the food or drink? _____

How many servings are there per container? _____

How many calories in **ONE SERVING**? _____

Nutrient	How much?
Saturated Fat	
Unsaturated Fat	
Sodium	
Fiber	
Sugar	

Is this a good source of fiber? _____

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How many servings are there per container? \_\_\_\_\_

How many calories in **ONE SERVING**? \_\_\_\_\_

| Nutrient        | How much? |
|-----------------|-----------|
| Saturated Fat   |           |
| Unsaturated Fat |           |
| Sodium          |           |
| Fiber           |           |
| Sugar           |           |

Is this a good source of fiber? \_\_\_\_\_