

SERVING SIZES

Nutrition labels can be tricky to read. The first thing that you should check is the servings per container. Let's say the label below is for a bag of chips. You eat the whole bag and think you only consumed 250 calories. But those 250 calories are for 1 serving and you ate two. In reality you actually put 500 calories in your body.

| Nutrition Facts | |
|---|-----|
| Serving Size 1 cup (228g) Servings Per Container 2 | |
| Amount Per Serving | |
| Calories 250 Calories from Fat 110 | |
| % Daily Value* | |
| Total Fat 12g | 18% |
| Saturated Fat 3g | 15% |
| Cholesterol 30 mg | 10% |
| Sodium 470 mg | 20% |
| Total Carbohydrate 31g | 10% |
| Dietary Fiber 0g | 0% |
| Sugars 5g | |
| Protein 5g | |
| Vitamin A 4% * Vitamin C 2% | |
| Calcium 20% * Iron 4% | |
| *Percent Daily Values are based on a 2,000 calorie diet | |

Eating the serving size will help you decrease the calories you consume for a healthier you.