

Read the Food Label!

Serving Size

The Nutrition Facts listed on the label are “per serving”. All of the numbers listed on the label are the amounts in one serving. If you are going to eat more than one serving you need to adjust the numbers given accordingly. For example, if the serving size is 1 cup and you are going to eat 2 cups you will need to double all of the numbers listed on the nutritional label.

PRODUCT- PLAIN YOGURT

Total Fat/Cholesterol

To follow a low fat diet, choose snacks, cereals, dairy products, side dishes and low-fat packaged meats that are 3 grams or less fat per serving. Meats and cheeses should be 5 grams or less fat per serving.

Saturated and Trans Fat

Saturated and trans fat may cause your blood cholesterol level to rise. Choose foods with less than 1/3 of the fat as saturated fat, and zero trans fat.

Sodium

To follow a low sodium diet, choose foods that have 5% or less of the Daily Value of Sodium. 20% or more is considered a high sodium food.

Total Carbohydrate

This is the number of grams that you should look at to determine how many Carbohydrate Servings this food equals. One Carbohydrate Serving equals 15 grams of Total Carbohydrate.

Dietary Fiber

Aim for 25-35 grams of dietary fiber daily. If there are 5 or more grams of Dietary Fiber it can be subtracted from the grams of Total Carbohydrate when calculating Carbohydrate Servings.

Sugars

The number of grams of sugar is already calculated as part of the Total Carbohydrate. Do not use this number for calculating Carbohydrate Servings.

Vitamins & Minerals

Your goal is 100% of each for the day. Eating a variety of foods daily will help you reach this goal.

Nutrition Facts	
Serving Size 1 Cup (248g)	
Servings Per Container 4	
Amount Per Serving	
Calories 150	Calories from Fat 35
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	% Daily Value*
Total Fat 4g	6%
Saturated Fat 2.5g	12%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 170mg	7%
Total Carbohydrate 17g	6%
Dietary Fiber 0g	0%
Sugars 17g	
Protein 13g	
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Vitamin A 4%	Vitamin C 6%
Calcium 40%	Iron 0%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
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Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	