



Nutrition Facts Label

WELLNESS NOW

TOTAL WELLNESS

Understanding a nutrition facts labels can be hard. Focusing on every section of the label is overwhelming, because foods low in one area are typically high in another. Instead, focus on just a few sections: serving size, servings per container, and total carbohydrates. Following this guide will help limit carbohydrates, which will in turn help limit calories and sodium.

Serving size and servings per container

- The nutrition facts label is based on **one serving**, not the entire package.
- Most foods are packaged with multiple servings per container.
- If consuming more than one serving, multiply everything on the label by the number of servings you ate.
- Limit yourself to one serving and follow the plate method to reduce portion sizes and lead to a healthier lifestyle.

Total Carbohydrates

- The total amount of carbohydrates **per serving** for the packaged food.
- Following the *Oklahoma Pick Your Plate Method*, one serving of carbohydrates is 15 grams. Remember each meal should have 45 grams of carbohydrates, 15 grams from each of these sections: fruits, dairy, and breads/starches/grains.
- Just because the label has a certain number of carbohydrates per serving, does not mean that is the appropriate serving size for a healthy diet.
- Fruits, starchy-vegetables, grains, dairy, and sugars are all sources of carbohydrates.
- Fiber from the skin of fruits and vegetables can help improve digestion and lower the risk of heart disease. Added fiber does not have the same effect.
- Limit foods with added sugars such as sodas, cakes, cookies, syrups, and other sweets as they increase calories with little nutritional value.

Nutrition Facts	
Serving Size 1 cup (228g)	
Servings Per Container 2	
Amount Per Serving	
Calories 250	Calories from Fat 110
% Daily Values*	
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 1.5g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%