

KNOW YOUR FOOD LABEL



Organic. Natural. Plant-based. Are you confused by the front-of-the package labeling? Turn the package and look no further than the Nutrition Facts Label. The Nutrition Facts Label is where you can find the information you need to determine if a food item is the best choice for you. Learn more below.

1. Serving Information: Provides number of **servings per container** and the single serving size.

2. Calories: Identifies total calories per serving size and **NOT** the whole container.

3. Nutrients: Identifies the amount of key nutrients in the food item for a single serving. **TIP:** Nutrients to consume more of: fiber, vitamin D, calcium, iron, and potassium. Nutrients to consume less of: saturated fats, cholesterol, sodium, and added sugars.

4. % Daily Values: Provides the percentage of each nutrient in a single serving compared to how much you need in one day. The percentage is based on a 2000 calorie diet. **TIP:** Low is 5% or less: aim low in saturated fat, cholesterol, sodium, and added sugars. High is 20% or more: aim high in vitamins, minerals, and dietary fiber.

5. Ingredient List: Ingredients are listed in descending order based on the weight of the ingredient. **TIP:** Choose items most often that contain whole food ingredients listed first on the label.

6. Food Allergens: Allergens legally required to be on the label are milk, eggs, fish, crustacean shellfish, tree nuts, peanuts, wheat, soybean, and sesame. They can be labeled in three different ways: a “contains” statement, within the ingredient list, or within parentheses.

Nutrition Facts

1 Bar
Serving Size (52 G)

Amount Per Serving
Calories **190**

	%Daily Value*
Total Fat 7 g	9%
Saturated Fat 1 g	5%
Trans Fat 0 g	
Cholesterol 5 mg	1%
Sodium 140 mg	6%
Total Carbohydrate 24 g	9%
Dietary Fiber 6 g	21%
Total Sugars 14 g	
Includes 0 g Added Sugars	0%
Protein 12 g	22%
Vitamin D 0 mcg 0% Calcium 40 mg 2%	
Iron 1.4 mg 8% Potassium 400 mg 8%	

INGREDIENTS:

Dates, Egg Whites, Almonds, Cashews, Strawberries, Natural Flavors.

CONTAINS EGGS, ALMONDS AND CASHEWS. May contain peanuts and other tree nuts.

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Pay attention to servings.

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INGREDIENTS:

Dates, Egg Whites, Almonds, Cashews, Strawberries, Natural Flavors.

CONTAINS EGGS, ALMONDS AND CASHEWS. May contain peanuts and other tree nuts.

Aim high for fiber, vitamins, and minerals.

Look for a whole food ingredient listed first.

Consider calories.

Look for 5% or less of saturated fat, cholesterol, sodium, and added sugar.

Check for allergens if they are of concern.