

Reading a Nutrition Label

Start Here
Check Serving Size

Check Calories

Limit These Nutrients

Get Enough of These Nutrients

Nutrition Facts	
Serving Size 1/2 cup (114g)	
Servings Per Container 4	
Amount Per Serving	
Calories 90	Calories from Fat 30
	% Daily Value*
Total Fat 3g	5%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 300mg	13%
Total Carbohydrate 13g	4%
Dietary Fiber 3g	12%
Sugars 3g	
Protein 3g	
Vitamin A 270%	• Vitamin C 10%
Calcium 2%	• Iron 4%
*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 80g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

Quick Guide to % Daily Value

5% or less is low
20% or more is high

Footnotes

Tips for Navigating Thirty40Thirty Nutrition

1. Net Carbohydrate of a serving = Total Carbs - Dietary Fiber (in the above example it is 13g - 3g = 10g). Fiber is subtracted from the total carb because fiber slows down the rate of absorption.
2. Block count:
 - 1 block of PROTEIN = 7g
 - 1 block of CARBOHYDRATE = 9g (net carbs - see #1)
 - 1 block of FAT = 3g

The above example has 1 block of FAT, 1 block of CARBOHYDRATE and < 1 block of PROTEIN

3. Avoid any food with Trans Fats, Hydrogenated Oils or High Fructose Corn Syrup.
4. Limit or avoid artificial color, flavor or sugars.
5. The ingredients are listed in descending order by weight. First ingredient makes up the largest proportion of all the ingredients in the food; the second, the second largest amount; and so on.
6. A separate "Contains" statement may be listed after the ingredients list alerting consumer of possible allergy foods.

INGREDIENTS / INGRÉDIENTS
WHOLE GRAIN WHEAT, RAISINS, SUGAR, CORN BRAN, WHEAT BRAN, INULIN, GLYCERIN, WHOLE GRAIN ROLLED OATS, CRISPY RICE-OAT BITS (RICE & OAT FLOUR, SUGAR, MALT EXTRACT, SALT, BHT), CORN SYRUP, BROWN SUGAR, BARLEY MALT EXTRACT, SALT, TOASTED OATS (WHOLE GRAIN ROLLED OATS, SUGAR, GLUCOSE-FRUCTOSE, SOYBEAN OIL, HONEY, MOLLASSES), GOLDEN SYRUP, WHEAT BITS (WHOLE WHEAT FLOUR, CORN STARCH, CORN FLOUR, SUGAR, SALT, TRISODIUM PHOSPHATE, BAKING SODA, ANNATTO AND CARAMEL COLOUR), MALT SYRUP, HONEY, CALCIUM CARBONATE, CARAMEL COLOUR, TRISODIUM PHOSPHATE, HYDROGENATED SOYBEAN AND COTTONSEED OIL, NATURAL AND ARTIFICIAL FLAVOUR, CINNAMON, WHEAT STARCH, TOCOPHEROLS, BHT, VITAMINS & MINERALS: NIACINAMIDE, CALCIUM PANTOTHENATE, PYRIDOXINE HYDROCHLORIDE (VITAMIN B6), FOLATE, IRON.
CONTAINS WHEAT INGREDIENTS. MAY CONTAIN ALMONDS, SOY AND MILK INGREDIENTS.

