## Chef Solus Food Label Guide



Food labels can seem confusing but if we break them up into blocks, you will see they are actually very easy to use! All the blocks work together to help you pick smart foods

that will keep you healthy and feeling great!

Start with the **Serving Size**. All the numbers are based on one serving size. The package might actually contain several servings. This is very important information that will help you with portion control.

**Calories:** This tells you how much energy you will get from one serving of this food. If you don't use up that energy, it gets stored as fat.

Calories from Fat: This tells you how much energy of that food comes from fat. Your heart likes foods lower in fat.

**Total Fat** is the amount of all the different kinds of fat in one serving. Your body needs some fat. Avoid foods high in saturated fats and look for zero Trans fats. These fats are not good for your heart.

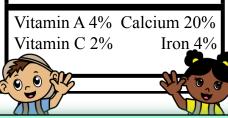
Cholesterol and sodium (salt) tells you how much of that nutrient is in one serving. Pick foods that are low in cholesterol and sodium. Look for 5% or less! Start at the top!

**Nutrition Facts** Serving size 1 cup (228g) Servings Per Container 2

Amount per Serving Calories 250 Calories from Fat 110

## % Daily Value\*

Total Fat 15g18%Saturated Fat 3g5%Trans Fat 3g0%Cholesterol 30mg0%Sodium 470mg20%Total Carbohydrate 81g2%Dietary Fibers0g0%Sugars5gProtein5g



The Servings Per Container tells you how many servings in that package. Some foods are low in calories and fat if you have only one serving. But if you eat more than one serving, than calories and fat can really add up! See how many servings this label shows -2 servings!

> The % (**Percent**) **Daily Value** (**DV**) is a number on the label given in percentages. These percentages are the amount of a certain nutrient that a person will eat in one serving. (based on 2000 calorie diet)

**Fiber:** This tells you how much fiber is in one serving. Fiber helps your food move through your body easily. Foods with 4 grams or more is high in fiber and good for you!

**Sugars** is the total amount of natural sugar and added sugar that is in the one serving. Our body does not need too much sugar. Sugar can add a lot of calories that we don't need.

**Protein** is very important because it is the building blocks for all cells. Read carefully. High protein foods can be high in fat.

Vitamin Section:

See if these foods are high in vitamins. Vitamins help your body stay healthy. 20% or more is high and makes your body very happy!

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