



What Does This Label Tell You?

What is the serving size? _____

How many calories in a serving? _____

How many servings would you typically eat? _____

How many calories in the package? _____

What nutrients are in the food that should be limited?

What Daily Percent Value is stated for these nutrients?

What nutrients are in the food that people should be sure to get enough of?

What Daily Percent Value is stated for these nutrients?

What would you recommend about eating this food?

_____ Eat it on a regular basis.

_____ Eat it rarely.

Review your notes and other resources to see if you have additional comments about this food:

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