

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 at the top!



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.

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, then calories and fat can really add up! See how many servings this label shows - 2 servings!

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!

Nutrition Facts	
Serving Size 1 cup (228g)	
Servings Per Container 2	
Amount per serving	
Calories 250	Calories From Fat 110
% Daily Value	
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 3g	
Cholesterol 30mg	10%
Sodium 470g	20%
Total Carbohydrate 81g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

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!