

Reading a Label Cue Card



Nutrition Facts

Serving Size 1/2 cup

Servings Per Container 4

Amount Per Serving

Calories 310 Calories from Fat 100

% Daily Value*

Total Fat 15g 21%

Saturated Fat 2.6g 17%

Trans Fat 1g

Cholesterol 118mg 39%

Sodium 560mg 28%

Total Carbohydrate 12g 4%

Dietary Fiber 1g 4%

Sugars 1g

Protein 24g

Vitamin A 1% • Vitamin C 2%

Calcium 2% • Iron 5%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Ingredients: Wheat Whole, **Sugar**, Rice Flour, Canola Oil, Rice Bran Oil, Cinnamon, Maltodextrin, **Fructose**, Soy, **Dextrose**, Salt, Calcium Carbonate, Caramel Color, Iron, Zinc, Vitamin A, Vitamin C

Serving Size

Know how much to eat!

The Fats

Is there too much?

The Sugar

Beware of hidden sugar!