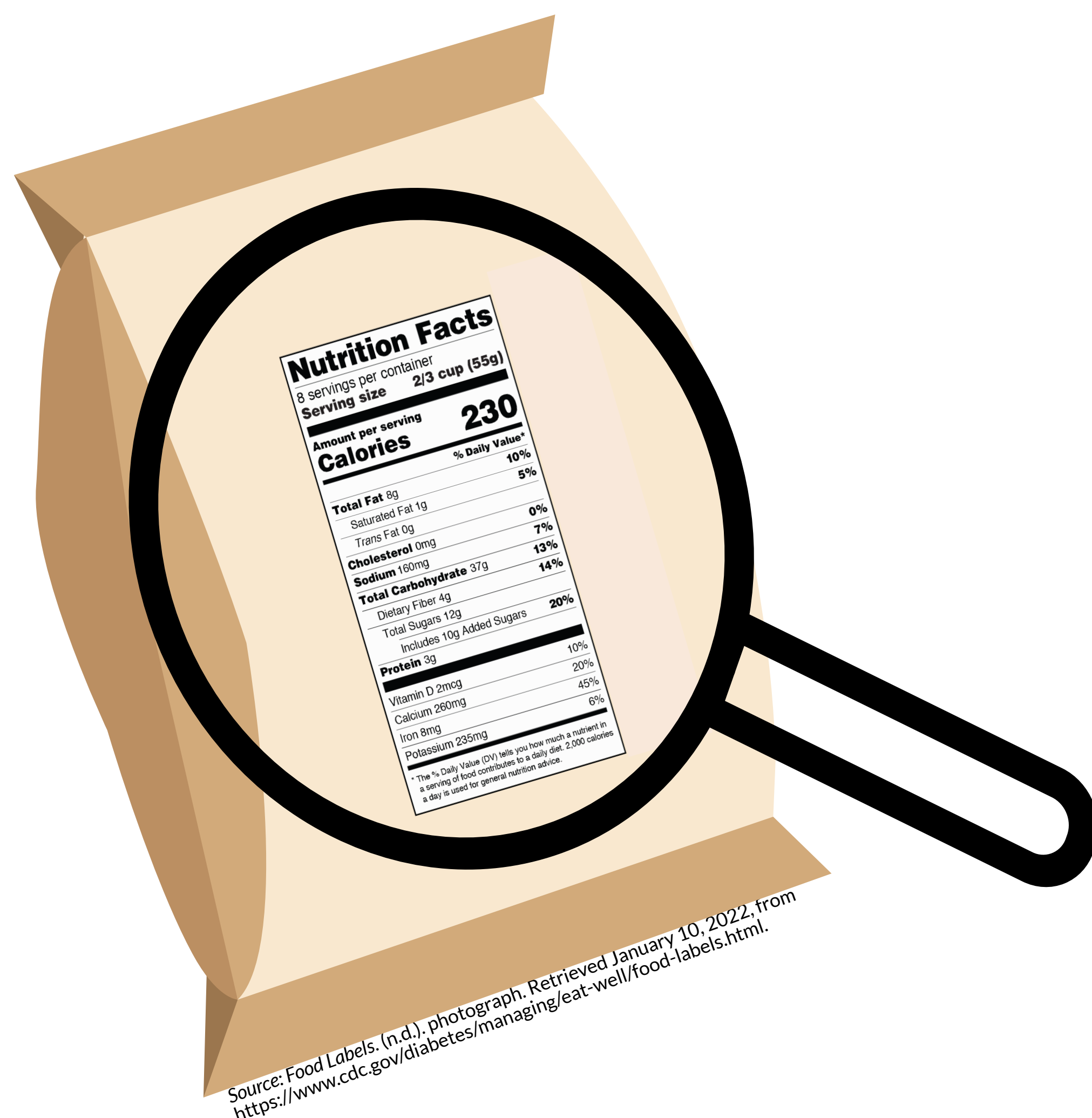




Understanding Food Labels

The Nutrition Facts Label (Nutrition Facts) is required to be present on all packaged food in the United States. The Nutrition Facts allow us to determine the serving size, energy density (calories), and nutritional composition of the food that we are eating.



Becoming familiar with the Nutrition Facts Label can be an excellent tool for making healthier, more informed food choices!



Try This!

Click **HERE** to explore the Nutrition Facts Label!



Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
<hr/>	
Amount per serving	
Calories	230