

How-To Read A Nutrition Facts Label

Label Components

- Serving Size
- Total Calories
- Nutrients: Fat, Cholesterol, Sodium, Carbohydrate, Protein, Vitamins & Minerals
- % Daily Value (DV)
- Ingredients

Serving Size

- All of the facts on the label are based on the recommended serving size – NOT the entire package
- Be sure to compare your own portion size to the serving size!
- Don't be fooled by foods that are packaged to appear as a single serving, but often contain 2-3 times the recommended serving size (such as beverages and snack foods)!

Total Calories

- Again, this is total calories based on the recommended serving size; if you're eating multiple servings make sure you're calculating the intake

Nutrients – What You Need To Know

- Avoid foods with *trans* fats as they are linked to an increase in heart disease
- Limit cholesterol (<300 mg) and sodium (<2300 mg), as well as added sugars
- Aim for foods high in fiber (total of 21-38 grams per day!)
- Select foods containing protein to keep you fuller longer
- Vitamins A and C are always listed, as well as minerals Calcium and Iron – these nutrients help prevent diseases such as anemia and osteoporosis

INGREDIENTS: RICE, GRANOLA BAR PIECES (WHOLE GRAIN OATS, SUGAR, CRISP RICE [RICE FLOUR, SUGAR, MALT EXTRACT, SALT, CANOLA OIL, SOY LECITHIN], CANOLA OIL, HONEY, BROWN SUGAR SYRUP, SALT, SOY LECITHIN, BAKING SODA, NATURAL FLAVOR, WHEAT FLOUR), SUGAR, WHOLE GRAIN OATS, WHOLE GRAIN WHEAT, WHOLE GRAIN CORN, BROWN SUGAR SYRUP, WHEAT BRAN, CORN BRAN, BARLEY MALT EXTRACT, HONEY, CANOLA OIL, CINNAMON, SALT, ANNATTO EXTRACT COLOR, NATURAL FLAVOR, NONFAT MILK, VITAMIN E (MIXED TOCOPHEROLS) ADDED TO PRESERVE FRESHNESS. **CONTAINS SOY, WHEAT AND MILK INGREDIENTS.**

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This package is sold by weight, not by volume. You can be assured of proper weight even though some settling of contents normally occurs during shipment and handling.

Nutrition Facts
Serving Size 1 cup (58g)
Servings Per Container about 7

Amount Per Serving	Nature Valley Crunchy	with 1/2 cup skin milk
Calories	230	270
Calories from Fat	25	25
	% Daily Value**	
Total Fat 3g*	5%	5%
Saturated Fat 0g	0%	0%
Trans Fat 0g		
Polyunsaturated Fat 1g		
Monounsaturated Fat 1.5g		
Cholesterol 0mg	0%	1%
Sodium 220mg	9%	12%
Potassium 115mg	3%	9%
Total Carbohydrate 48g	16%	18%
Dietary Fiber 4g	15%	15%
Sugars 16g		
Other Carbohydrate 28g		
Protein 4g		
Vitamin A	0%	4%
Vitamin C	0%	0%
Calcium	0%	15%
Iron	4%	4%

*Amount in cereal. A serving of cereal plus skim milk provides 3g total fat, less than 5mg cholesterol, 290mg sodium, 320mg potassium, 54g total carbohydrate (22g sugars) and 9g protein.

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

	Calories 2,000	2,500
Total Fat	Less than 65g	80g
Sat Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Potassium	2,500mg	3,500mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

% Daily Values

- DV are listed for Total Fat, Saturated Fat, Cholesterol, Sodium, Total Carbohydrate, and Dietary Fiber
- 5% or less is considered low, which is ideal for cholesterol and sodium
- 20% or greater is considered high, which is ideal for dietary fiber, vitamins, and minerals
- DV are NOT always the best indicators of what you need because they are based on a daily diet of *2000 calories* – likely much more than you need!

Ingredients

- Any food with more than one ingredient must have an ingredient list on the packaging
- Ingredients are listed by weight in descending order
- TIP: read the ingredient list before purchasing and look for items where the **first five ingredients** are real foods that you recognize with names you can pronounce (rather than chemicals and additives)

Cheat Sheet for Identifying Sugar in Foods

Agave nectar	Honey
Barley malt syrup	Invert sugar
Beet sugar	Lactose
Brown rice syrup	Maltodextrin
Brown sugar	Malt syrup
Cane sugar	Molasses
Coconut sugar	Palm sugar
Corn sweetener	Raw sugar
Corn syrup	Rice syrup
Dehydrated cane juice	Saccharose
Dextrin	Sorghum
Dextrose	Sucrose
Evaporated cane juice	Syrup
Fructose	Treacle
Fruit juice concentrate	Xylose
Glucose	
High-fructose corn syrup	

