

Label Reading Tips

It is important to always check the nutrition facts label to know how much protein is in the foods you eat. This will help you track the grams of protein you have each day. Here are a couple of quick tips for reading the nutrition facts labels.

Don't forget to always consider the serving size when tracking your protein intake per meal. Remember it is important to always measure!



Next look for the grams of protein in that serving size.

In this example, a serving of 2/3 cup contains 3 grams of protein. What about if you have 2 servings of this item?

2 servings x 3 grams protein = 6 grams in your meal.



Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
<small>% Daily Value*</small>	
Total Fat 8g	10%
Saturated Fat 1g	5%
<i>Trans Fat</i> 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 240mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Let's Practice!

Find a label to one of your favorite foods and portion out how much you usually eat of this item. You may find you actually eat more than one serving at a time. Now write down below the name of the food, your serving size, and total grams of protein. Remember to always check the label before you eat any foods!

Food	Your Serving Size	Total Protein Grams