

reading a food label

HIV

Nutrition Facts

about 6 servings per container

1 Serving size 1 cup (140g)

Amount per serving

Calories 170

% Daily Value*

Total Fat 8g	10%
Saturated Fat 3g	15%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 22g	8%
Dietary Fiber 2g	7%
Total Sugars 16g	10%
Includes 8g Added Sugars	
Protein 2g	
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 1mg	6%
Potassium 240mg	6%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.

Ingredients: Whole Grain Oats (includes oat bran), Modified Corn Starch, Sugar, Salt, Wheat Starch Tripotassium phosphate, Vitamin E, Modified Tapioca Starch, Soybean Oil, Ginger. Added to Preserve Freshness.

Vitamins and Minerals: Calcium Carbonate, Iron and Zinc (mineral nutrients), Vitamin A, Vitamin B, Vitamin C, Vitamin D

1 Start Here

Look to see how many servings are in a container. The nutrients listed on the label reflect the amount in one serving, or "Serving size".

2 The Percent Daily Value (%DV)

The %DV shows the percentage of the recommended daily amount of a nutrient contained in each serving size. This percentage is based on a daily diet of 2,000 calories.

At or below 5% DV = low nutrient content

At or above 20% DV = high nutrient content

3 Limit These Nutrients

Look for a low %DV for Total Fat, Saturated Fat, Cholesterol and Sodium.

4 Fiber

Look for 3 grams or more of fiber, or a high %DV.

5 Limit Total Sugars

Limit added sugars, look for a low %DV.

6 Vitamins & Minerals

Nutrients listed in this section are often lacking in the typical American food diet. Food manufacturers call attention to them here so we can better meet our needs. Look for a high %DV.

7 Ingredient List

Avoid foods containing carrageenan and maltodextrin. These are food additives that are known to be problematic, especially in people with chronic illnesses. Also avoid foods containing sorbitol, mannitol, xylitol, and malitol. These are sugar alcohols and have been known to cause stomach discomfort.