

## Reading Nutrition Fact Labels

All food that has been processed or comes in a package must have a nutrition label. This tells you what the food is made from. It also tells you about the nutrition that is in the food.

<b>Nutrition Facts</b>		
<b>Valeur nutritive</b>		
Per 1 bowl (300 g) / Pour 1 bol (300 g)		
Amount		% Daily Value
Teneur		% valeur quotidienne
<b>Calories / Calories</b>	440	
<b>Fat / Lipides</b>	19 g	<b>29 %</b>
Saturated / Saturés	4 g	<b>21 %</b>
+ Trans / Trans	0.2 g	
<b>Cholesterol / Cholestérol</b>	35 mg	
<b>Sodium / Sodium</b>	860 mg	<b>36 %</b>
<b>Carbohydrate / Glucides</b>	53 g	<b>18 %</b>
Fibre / Fibres	4 g	<b>16 %</b>
Sugars / Sucres	6 g	
<b>Protein / Protéines</b>	15 g	
Vitamin A / Vitamine A		45 %
Vitamin C / Vitamine C		4 %
Calcium / Calcium		20 %
Iron / Fer		20 %

The serving size is at the top. All of the information is for that serving size, not the whole box.

One bowl of this cereal has 440 calories

Both kinds of fat are listed.

The daily value of each nutrient is also listed in the right hand column.

This label tells you that one serving gives you 45% (almost half) of the Vitamin A you need in a day.