

# READING NUTRITION LABELS

Nutrition labels tell you important information about your food. Reading these labels carefully will help you to make the right choices to keep you and your family healthy.

## Nutrition Facts for potato chips

**Serving Size:** 15 chips makes one serving.

**Calories:** 1 serving or 15 chips gives you 150 calories. Your body needs about 2,000 calories each day.

**Fats:** Fat is important for your body, but too much fat can be harmful.

Unsaturated fats are better for your body than Saturated or Trans fat. Avoid eating foods with Trans fat.

**Sodium:** Sodium is another word for salt.

**Vitamins and Minerals:** These chips do not give your body very many vitamins and minerals that your body needs.

**Ingredients:** This is where you can find out what is in your food. Items are listed from the largest to the smallest quantity.

Nutrition Facts			
Serving Size 1oz- about 15 chips			
Servings per Container about 2.5			
Amount Per Serving	1 oz	whole bag	
<b>Calories</b>	150	360	
Calories from Fat	90	210	
	% Daily Value*		
<b>Total Fat</b> 10g, 25g	16%	38%	
Saturated Fat 1g, 3g	6%	14%	
Trans Fat 0g, 0g			
Polyunsaturated Fat 4.5g, 11g			
Monounsaturated Fat 4.5g, 11g			
<b>Cholesterol</b> 0mg, 0mg	0%	0%	
<b>Sodium</b> 180mg, 420mg	7%	18%	
<b>Potassium</b> 330mg, 780mg	9%	22%	
<b>Carbohydrate</b> 15g, 36g	5%	12%	
Dietary Fiber 1g, 2g	4%	9%	
Sugars 0g, 0g			
<b>Protein</b> 2g, 5g			
Vitamin A	0%		
Vitamin C	10%		
Calcium	0%		
Iron	2%		
Vitamin E	6%		
Vitamin B6	4%		

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

**INGREDIENTS:** Potatoes, Sunflower Oil and/or Corn Oil, and Salt.

**Servings per container:** This bag of chips has 2 and a half servings.

**% Daily Value:** 1 serving or 15 chips gives you 16% of the daily suggested fat for your body to stay healthy. The whole bag of chips gives you 38% of the daily suggested fat.

**GET LESS!**

**HELPFUL HINT!**  
**5% is low**  
**20% is high**

**GET MORE!**

**IMPORTANT:** The amount of calories you need depends on your age, gender, body size and energy level. Ask your doctor.