

Name _____ Date _____

Email _____ Phone _____

Using Nutrition Labels: Carbohydrate

Serving Size

Look at the serving size. All the information on the label is based on this portion.

Servings per Container

The number of servings contained in the package.

Guidelines for Carbohydrate

Look at the total grams of carbohydrate in the serving size.

1 carbohydrate choice = 15 grams of carbohydrate.

Range of Carbohydrate Grams per Choice

Carbohydrate Grams/Choice	Carbohydrate Choices
6-10	½
11-20	1
21-25	1½
26-35	2
36-40	2½
41-50	3
51-55	3½
56-65	4
66-70	4½
71-80	5

Amount Per Serving	
Calories 240	Calories from Fat 70
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 90mg	4%
Potassium 250mg	7%
Total Carbohydrate 37g	12%
Dietary Fiber 4g	16%
Sugars 18g	
Protein 5g	
Vitamin A 0%	• Vitamin C 0%
Calcium 4%	• Iron 10%
*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
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Potassium	3,500 mg 3,500 mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	