

## How to Read Food Labels

The label below is from a can of soup.  
Get a can out of your cupboard.  
How does it compare with this one?

The **servicing size** is the basis for all values on the label. In this case, 1 serving is 1 cup (half the can of soup). If you eat the whole can (2 servings, or 2 cups), you have to double all the numbers on the label.

**Sodium** is given in milligrams (mg). How does this number compare with your daily goal?

Nutrition Facts		
Serving size 1 cup		
Servings per container 2		
Amount Per Serving		
Calories 90	Calories from fat 20	
	% Daily Value	
<b>Total Fat</b> 2 g		3%
Saturated Fat 0 g		0%
Trans Fat 0 g		
<b>Cholesterol</b> 10 mg		3%
<b>Sodium</b> 890 mg		37%
<b>Total Carbohydrates</b> 13 g		4%
Dietary Fiber 1 g		4%
Sugars 1 g		
<b>Protein</b> 6 g		
<b>Ingredients:</b> Chicken broth, carrots, cooked white chicken meat (white chicken meat, water, salt, sodium phosphate, isolated soy protein, modified cornstarch, cornstarch), potatoes, celery, rice, monosodium glutamate.		
Contains soy.		

**Percent daily value** gives the percentage of the standard recommended amount per day.

Check the **ingredients list** for salt. Also watch for high-sodium ingredients such as sodium phosphate, brine, monosodium glutamate (MSG), baking soda, and any other ingredient that has "sodium" in its name.