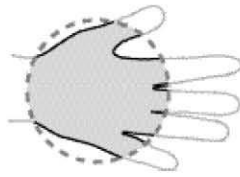


Estimating Portion Sizes/Food Label



Fist = 1 cup

Example: three servings of pasta or two servings oatmeal
(one cup pasta = three servings)



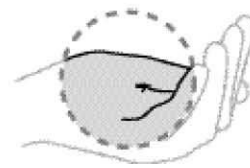
Palm or deck of cards = 3 oz.

Example: a cooked serving of meat



Thumb Tip = 1 teaspoon

Example: a serving of mayonnaise or margarine



Handful = 1 or 2 oz. snack food

Example: One ounce nuts = one handful
Two ounces Pretzels = two handfuls



Thumb = 1 oz.

Example: a piece of cheese

Nutrition Facts

8 servings per container
Serving size 2/3 cup (55g)

Amount per serving
Calories 230

% Daily Value*

Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 30g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Carbs on a Food Label

Step 1: Look at the serving size

Step 2: Look at the total grams (of carbohydrate only).
Sugars are already counted in the total carbohydrate.

Step 3: Use the table below to know how many carbohydrate servings you're eating.

Close to 15g	1 carb serving
Close to 30g	2 carb servings
Close to 45g	3 carb servings
Close to 60g	4 carb servings
Close to 75g	5 carb servings