Reading Food Labels

**Serving Size** is the amount of food that makes up 1 serving. On this label it is 1 cup. This label tells you the nutrition found in 1 cup.

**Total Carbohydrate**
Dietary Fiber and Total Sugars are all included in the total carbohydrate amount.

**Total Sugars**
Are sugars that are naturally in the food.

**Added Sugars**
Are sugars that are not naturally in the food.

**Nutrition Facts**
18 servings per container

<table>
<thead>
<tr>
<th>Amount per serving</th>
<th>Calories 100</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Total Fat</strong> 2g</td>
<td>3% Daily Value*</td>
</tr>
<tr>
<td>Saturated Fat 0g</td>
<td>0%</td>
</tr>
<tr>
<td>Trans Fat 0g</td>
<td></td>
</tr>
<tr>
<td><strong>Cholesterol</strong> 0mg</td>
<td>0%</td>
</tr>
<tr>
<td><strong>Sodium</strong> 140mg</td>
<td>6%</td>
</tr>
<tr>
<td><strong>Total Carbohydrate</strong> 20g</td>
<td>7%</td>
</tr>
<tr>
<td>Dietary Fiber 3g</td>
<td>11%</td>
</tr>
<tr>
<td>Total Sugars 1g</td>
<td></td>
</tr>
<tr>
<td>Includes 1g Added Sugars</td>
<td>9%</td>
</tr>
<tr>
<td><strong>Protein</strong> 3g</td>
<td></td>
</tr>
</tbody>
</table>

*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.

**Ingredients.**
Look for a short list of ingredients that you recognize.

**INGREDIENTS:** WHOLE GRAIN OATS (INCLUDES THE OAT BRAN), MODIFIED CORN STARCH, SUGAR, SALT, TRIPOTASSIUM PHOSPHATE, WHEAT STARCH, VITAMIN E. CONTAINS: WHEAT

**Allergies**
The bottom of the ingredient list lists any of the top 8 allergens that are in the food.

**This is the weight of 1 serving. This is useful if you weigh your food with a digital food scale.**

**% Trans Fat**
Try to avoid foods with more than 0 grams of trans fat.

**Sodium**
Foods with 140 mg or less are low-sodium foods. Foods with more than 400 mg are high-sodium foods.

---

To Learn More
- Nutrition 206-987-4758
- Ask your child's healthcare provider
- seattlechildrens.org

Free Interpreter Services
- In the hospital, ask your nurse.
- From outside the hospital, call the toll-free Family Interpreting Line, 1-866-583-1527. Tell the interpreter the name or extension you need.

Seattle Children's offers interpreter services for Deaf, hard of hearing or non-English speaking patients, family members and legal representatives free of charge. Seattle Children’s will make this information available in alternate formats upon request. Call the Family Resource Center at 206-987-2201. This handout has been reviewed by clinical staff at Seattle Children's. However, your child's needs are unique. Before you act or rely upon this information, please talk with your child's healthcare provider.

© 2019 Seattle Children’s, Seattle, Washington. All rights reserved.

8/19

PE1543

Patient and Family Education | Nutrition 1 of 1