NUTRIENT LABEL CHEAT SHEET

Nutritious & Delicious

Nutrition Facts

Serving Size 1 bar (88g)
Servings Per Container Varies

Amount Per Serving

Calories 380 Calories from Fat 190

	% Daily Value*
Total Fat 21g	32%
Saturated Fat 3g	15%
Trans Fat 1.5g	
Cholesterol 15mg	5%
Sodium 170mg	7%
Total Carbohydrate 47g	16%
Dietary Fiber 3g	12%
Sugars 33g	
Protein 3g	

Vitamin A 0% • Vitamin C 0%
Calcium 2% • 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	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

FACTS ABOUT LABELS

- Check your serving size, this example is 1 granola bar
- The calories are quite high for this 1 bar
- Saturated fat is animal fat used to make the bar
- Trans fat is man made and not good for us, they recommend nothing more than 0.2g a day but to be honest I would eat none of it as its linked to many health diseases.
- The carbohydrate load is very high on this bar at 47g which is equivalent to 2 slices of bread.
- Sugars are high also being 33g, this is equivalent to 8.25 teaspoons.
- The vitamins are lacking at 0% so this granola bar would mainly be calories, sugars, carbs and unhealthy fats.
- Always read your ingredients first as this is the true indicator of what you are consuming. The ingredients typically go in order of what the food is mainly made up of.
- This bar is also very low in protein at 3g and typically you would still be hungry after an hour of consuming this.

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https://health.nutritiousdelicious.ca/bookmeeting/