



Nutritional label

For the age group (10 to 14) years

- This card is designed to enable us to choose healthy and appropriate food for us during daily meals
- We can find it on all boxes and on the packaging of different foods and drinks.
- We use it to compare food and choose the right one that is rich in beneficial nutrients such as vitamins and minerals.



We always start reading the food label from the top



Calories:

400 calories per serving is high, while 100 calories per serving is moderate



Eating more calories than you need during the day causes weight gain.

Daily nutritional value:

It is shown in percentages, where 5% is the lowest percentage present in one serving, and 20% and more.



Some food labels may contain information about allergens. If you suffer from an allergy to a particular food, you should research the contents and the quantity in it.

Nutrition Facts			
Serving Size 1 cup (228g)			
Servings Per Container 2			
Amount Per Serving			
Calories 250	Calories from Fat 110		
% Daily Value*			
Total Fat 12g	18%		
Saturated Fat 3g	15%		
Trans Fat 3g			
Cholesterol 30mg	10%		
Sodium 470mg	20%		
Total Carbohydrate 31g	10%		
Dietary Fiber 0g	0%		
Sugars 5g			
Protein 5g			
Vitamin A	4%		
Vitamin C	2%		
Calcium	20%		
Iron	4%		
* 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
Sat 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

Serving Size:

We confirm the serving size via the product packaging. Based on the information mentioned on the card, it is considered based on one serving only, and one serving is measured using common measurements. Such as: cups, grams, and pieces. Each package may contain more than one serving.



Nutrients: They are the nutrients that the product contains and are detailed in terms of minerals, vitamins, fiber, fats, proteins, and carbohydrates.

Nutrients that you should increase your intake of:



Calcium, fiber, iron, and vitamins C and A.

Nutrients that you should reduce your intake of:



(To maintain the health of the heart, arteries and kidneys)

- Cholesterol (saturated fats) should be less than 5% per serving
- Sodium and sugars
- Trans fats should be 0 %

Some labels may have a classification specifically for the amount of water in the food

