

First check the serving size! If you eat more than this then you will have to adjust calories.

Total amount of calories per serving

Fat per serving. Limit saturated and trans fats. Try to choose poly / monounsaturated (listed below total fat)

For **carbohydrates**, look for dietary fiber and less sugar. This example would be a poor selection because 0 g fiber, 26 g sugar.

If it has some **protein** in it, that's good! It will help keep you full.

Nutrition Facts

Serving Size 1/2 cup (115g)

Servings Per Container About 4

Amount Per Serving

Calories 250 Calories from Fat 130

% Daily Value*

Total Fat 14g **22%**

Saturated Fat 9g **45%**

Cholesterol 55mg **18%**

Sodium 75mg **3%**

Total Carbohydrate 26g **9%**

Dietary Fiber 0g **0%**

Sugars 26g

Protein 4g

Vitamin A 10% Vitamin C 0%

Calcium 10% Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.

Total amount of calories = fats, carbs, protein (macronutrients)