

# How to read nutrition labels:

Nutrition Facts	
Serving Size 1 cup (250 mL)	
Amount Per Serving	
<b>Calories</b> 130	
	% Daily Value*
<b>Total Fat</b> 5g	<b>8%</b>
Saturated Fat 3g	<b>15%</b>
Trans Fat 0.1g	
<b>Cholesterol</b> 20mg	<b>7%</b>
<b>Sodium</b> 120mg	<b>5%</b>
<b>Total Carbohydrate</b> 12g	<b>4%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 20g	
<b>Protein</b> 9g	<b>18%</b>

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

Step  
**1**

**Look at  
Serving Size**

= amount of  
food the nutrition  
facts are based on

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Step  
**2**

**Look at  
Sugars**

= 20g

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Step  
**3**

**Calculate**

$20g \div 4 = 5$  tsp  
of sugar  
in 1 cup



Information provided by:  
Sehat Program | South Asian Health Institute | Fraser Health  
[www.fraserhealth.ca/sahi](http://www.fraserhealth.ca/sahi) | [southasianhealth@fraserhealth.ca](mailto:southasianhealth@fraserhealth.ca)

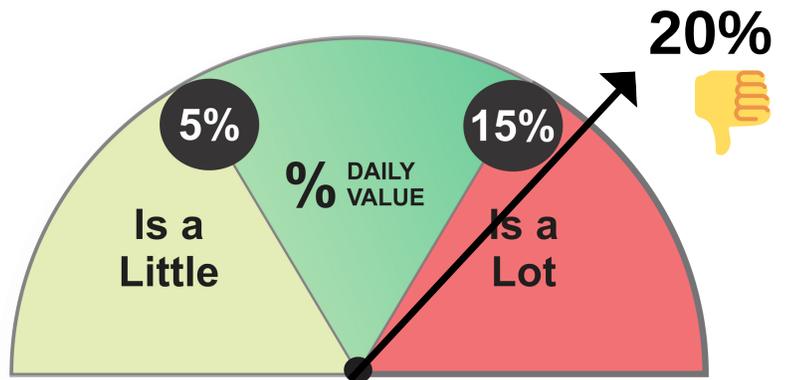
 **fraserhealth**  
Better health. Best in health care.

# Reduce your sodium intake



**Reduce your risk of high blood pressure by**  
**↓ Sodium (Salt)**

<b>Nutrition Facts</b>	
<b>Serving size</b>	<b>27 chips (50g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>270</b>
<b>% Daily Value*</b>	
Total Fat 17g	22%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
<b>Sodium 450mg</b>	<b>20%</b>
Total Carbohydrate 26g	9%
Dietary Fiber 1g	4%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 3g	6%



**Pro-tip:**

**Choose foods with a sodium content of less than 15%**

Information provided by:

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[www.fraserhealth.ca/sahi](http://www.fraserhealth.ca/sahi) | [southasianhealth@fraserhealth.ca](mailto:southasianhealth@fraserhealth.ca)

