

ਲੇਬਲ ਕਿਵੇਂ ਪੜਨਾ ਹੈ?

Nutrition Facts

Serving Size 1 cup (250 mL)

Amount Per Serving

Calories 130

	% Daily Value*
Total Fat 5g	8%
Saturated Fat 3g	15%
Trans Fat 0.1g	
Cholesterol 20mg	7%
Sodium 120mg	5%
Total Carbohydrate 12g	4%
Dietary Fiber 0g	0%
Sugars 20g	
Protein 9g	18%

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

Step

1

ਸਰਵਿੰਗ ਦੇ
ਆਕਾਰ ਨੂੰ ਵੇਖੋ

=ਖਾਣੇ ਦੀ ਉਹ ਮਾਤਰਾ
ਜਿਸ 'ਤੇ ਪੌਸ਼ਟਿਕ ਤੱਥ
ਆਧਾਰਿਤ ਹਨ

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Total Fat 5g	8%
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Trans Fat 0.1g	
Cholesterol 20mg	7%
Sodium 120mg	5%
Total Carbohydrate 12g	4%
Dietary Fiber 0g	0%
Sugars 20g	
Protein 9g	18%

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

Step

2

ਖੰਡ ਦੀ
ਮਾਤਰਾ ਵੇਖੋ

= 20 ਗ੍ਰਾਮ ਖੰਡ

Nutrition Facts

Serving Size 1 cup (250 mL)

Amount Per Serving

Calories 130

	% Daily Value*
Total Fat 5g	8%
Saturated Fat 3g	15%
Trans Fat 0.1g	
Cholesterol 20mg	7%
Sodium 120mg	5%
Total Carbohydrate 12g	4%
Dietary Fiber 0g	0%
Sugars 20g	
Protein 9g	18%

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

Step

3

ਹਿਸਾਬ

$20 \div 4 = 5$ ਖੰਡ ਦੇ ਚਮਚੇ
1 ਕੱਪ ਵਿੱਚ




Information provided by:

Sehat Program | South Asian Health Institute | Fraser Health
www.fraserhealth.ca/sahi | southasianhealth@fraserhealth.ca

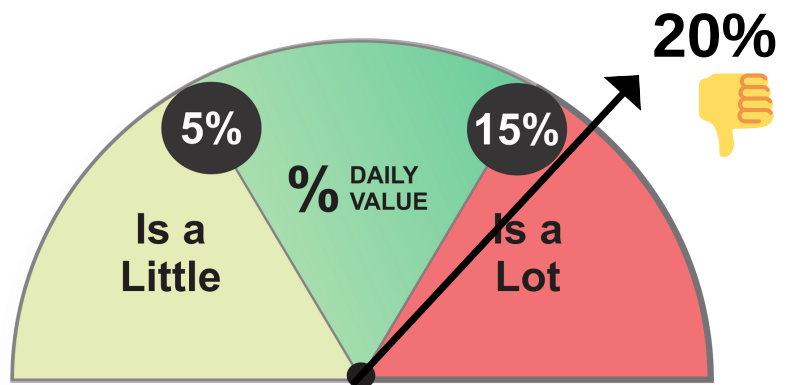
 **fraserhealth**
Better health. Best in health care.

ਆਪਣੇ ਸੋਡੀਅਮ(ਲੂਣ) ਦੇ ਸੇਵਨ ਨੂੰ ਘਟਾਓ



ਆਪਣੇ ਹਾਈ ਬਲੱਡ ਪ੍ਰੈਸ਼ਰ ਦੇ ਖਤਰੇ ਨੂੰ ਘਟਾਉਣ ਲਈ
 ↓ ਲੂਣ ਘੱਟ ਖਾਓ

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



ਟਿੱਪ:

15% ਤੋਂ ਘੱਟ ਸੋਡੀਅਮ(ਲੂਣ) ਦੀ ਸਮਗਰੀ ਵਾਲਾ ਭੋਜਨ ਚੁਣੋ

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