

Reading Food Labels

Serving Size:

The amount of food that makes up 1 serving. This label says 1 cup is equal to 1 serving.

Total Dietary Carbohydrates:

This includes Dietary Fiber and Total Sugars.

Total Sugars:

Sugars that are naturally in food like fresh fruit.

Added Sugars:

Sugars that are not naturally in food like candies, cake, ice cream, doughnuts, and processed foods.

| Nutrition Facts | |
|---|--------------------|
| 18 servings per container | |
| Serving size | 1 cup (28g) |
| Amount per serving | |
| Calories | 100 |
| <small>% Daily Value*</small> | |
| Total Fat 2g | 3% |
| Saturated Fat 0g | 0% |
| Trans Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 140mg | 6% |
| Total Carbohydrate 20g | 7% |
| Dietary Fiber 3g | 11% |
| Total Sugars 1g | |
| Includes 1g Added Sugars | 9% |
| Protein 3g | |
| Vitamin D 2mcg | 10% |
| Calcium 260mg | 10% |
| Iron 8mg | 45% |
| Potassium 235mg | 6% |
| <small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small> | |

Weight:

The weight of 1 serving. This is useful if you weigh your food on a scale. For fluids, the volume will be listed in mL.

Trans Fat:

Try to avoid foods with any trans fat by choosing foods with 0 grams per serving.

Sodium:

Low sodium foods have less than 140 mg per serving.

High sodium foods have more than 400 mg per serving.

Ingredients:

Look for foods that have a short list of ingredients and ones you recognize.

Allergies:

This includes any of the top 8 allergens that are in the food. Such as milk, eggs, fish, Crustacean shellfish, tree nuts, peanuts, wheat, and soybeans.

INGREDIENTS: WHOLE GRAIN OATS (INCLUDES THE OAT BRAN), MODIFIED CORN STARCH, SUGAR, SALT, TRIPOTASSIUM PHOSPHATE, WHEAT STARCH, VITAMIN E.
CONTAINS: WHEAT

To Learn More

- Nutrition
206-987-4758
- Ask your child's healthcare provider
- seattlechildrens.org

Free Interpreter Services

- In the hospital, ask your nurse.
- From outside the hospital, call the toll-free Family Interpreting Line, 1-866-583-1527. Tell the interpreter the name or extension you need.



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Seattle Children's offers free interpreter services for patients, family members and legal representatives who are Deaf or hard of hearing or speak a language other than English. Seattle Children's will make this information available in alternate formats upon request. Call the Family Resource Center at 206-987-2201. This handout has been reviewed by clinical staff at Seattle Children's. However, your needs are unique. Before you act or rely upon this information, please talk with your healthcare provider.

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