

阅读食品标签

建议食用量:

构成 1 份食品的食用量。
本标签所示为 1 杯等于 1 份。

总膳食碳水化合物含量:

包括膳食纤维和总糖分含量。

总糖分含量:

天然存在于食品（例如水果）中的糖分。

添加糖:

天然存在于食品（例如糖果、蛋糕、冰激凌、甜甜圈和加工食品）中的糖分。

营养成分表

每个容器装有 18 份

份量 **1 杯 (28g)**

每份的营养成分含量

卡路里 100

每日摄入量百分比*

总脂肪含量 2 g **3%**

饱和脂肪 0 g **0%**

反式脂肪 0g

胆固醇 0 mg **0%**

钠 140 mg **6%**

总碳水化合物含量 20 g **7%**

膳食纤维 3 g **11%**

总糖分含量 1 g

包括 1 g 添加糖 **9%**

蛋白 3g

维生素 D 2 mcg **10%**

钙 260 mg **10%**

铁 8 mg **45%**

钾 235mg **6%**

每日摄入量百分比 (DV) 是一种参考值, 有助于您确定一份食品中的营养成分在每日饮食中的含量。每日 2,000 卡路里的摄入量用作一般营养建议的基准。

day is used for general nutrition advice.

重量:

1 份的重量。最好是用秤称量食品的重量。对于液体, 体积将以 mL 为单位列出。

反式脂肪:

尽量避免食用含有反式脂肪的食品, 选择每份含 0 克反式脂肪的食品。

钠:

低钠食品的每份的钠含量低于 140 mg。

高钠食品的每份的钠含量超过 400 mg。

配料:

在选择食品时, 建议寻找配料表简短且您了解其中配料的食品

过敏原:

包括食品中 8 大最常见的过敏原。例如: 牛奶、鸡蛋、鱼、甲壳类、坚果、花生、小麦和大豆。

配料: 全谷物燕麦 (包括燕麦麸)、改性玉米淀粉、糖、盐、磷酸三钾、小麦淀粉、维生素 E。

过敏原信息: 含有小麦

如需了解更多信息

- 营养
206-987-4758
- 询问您孩子的医务人员
- seattlechildrens.org

免费口译服务

- 在医院内, 请咨询护士。
- 在医院外, 请拨打家属免费口译热线:
1-866-583-1527。告诉口译员您呼叫对象的姓名或分机号码。



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Seattle Children's 为耳聋、听觉不灵或非英语语言的患者、家属和法定监护人提供免费口译服务。Seattle Children's 将应要求以其他格式提供这些信息。请致电 Family Resource Center (家属资源中心), 电话 206-987-2201。本手册已由 Seattle Children's 的临床工作人员审查。尽管如此, 具体需求因人而异。在您根据或依赖这些信息采取行动之前, 请先咨询您的医务人员。

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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.

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

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.

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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