

Reading Nutrition Labels: Is it Plant-Docs Approved?

1. Read the **INGREDIENTS**. The first 3 ingredients should not be an **OIL**, **SUGAR**, or **REFINED FLOUR**.

Nutrition Facts			
Serving Size 3 oz. (85g) Serving Per Container 2			
Amount Per Serving			
Calories 200	Calories from Fat 120		
% Daily Value*			
Total Fat 15g	20 %		
Saturated Fat 5g	28 %		
Trans Fat 3g			
Cholesterol 30mg	10 %		
Sodium 650mg	28 %		
Total Carbohydrate 30g	10 %		
Dietary Fiber 0g	0 %		
Sugars 5g			
Protein 5g			
Vitamin A 5%	• Vitamin C 2%		
Calcium 15%	• Iron 5%		
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300mg	375mg
Dietary Fiber		25g	30g


2. Check the serving size and servings per container. Here, there are 2 servings/container, so if you eat the whole thing, you need to multiply everything x 2.

3. The total **FAT** should be less than 3g with **NO** saturated fat. 

4. There should be **NO** cholesterol.

5. The mg of  **SODIUM** should be less than the # calories

6. **FIBER**: look for *more* than 3g 

7. **SUGAR**  should be less than 6g with **NO** added sugar.

So, this product is high in fat, has excessive sodium, and **NO** fiber. Maybe it's a processed cheese or meat product.