

Food Label Reference Guide

Watch out for the red areas. Don't get fooled by forgetting to look at how many servings are in the package. The nutrition information is based on only 1 serving!



Pretzels	
Nutrition Facts	
Serving Size 28g (about 42 pretzels)	
Servings Per Container 15	
Amount Per Serving	
Calories 110	Calories from Fat 10
% Daily Value*	
Total Fat	1 %
Saturated Fat 0g	0 %
Trans Fat 0g	
Cholesterol 0mg	0 %
Sodium 440mg	18 %
Total Carbohydrate 21g	7 %
Dietary Fiber 1g	4 %
Sugars 1g	
Protein 3g	
Vitamin A 0% • Vitamin C 0%	
Calcium 0% • Iron 10%	
*Percentage Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Use the 5% and 20% rule.	

Look for foods that are high in these green areas. That's the good stuff your body need!



5% is low and 20% is high for any of these nutrients.

Go higher in the Green areas

Stay lower in the red areas

