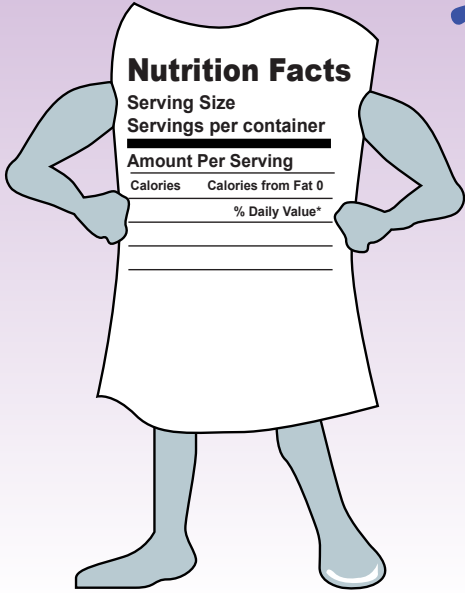


Food Label Math Fun



Size Up Your Servings and Serving Size

Serving Sizes help us make smart choices.

Let's look at the food label example on this page.

If a package has 2 servings in one box.

The serving size says 1 cup. If you ate the whole package, you would have eaten 2 servings or 2 cups.

Now look at the calories for one serving. Let's say it is 250 calories.

If you eat the whole package you will have eaten 500 calories!

2 serving X 250 calories = 500 calories.

Those calories really add up if you eat more than one serving.

So always check the label so you can make a healthy decision.

Nutrition Facts

Serving Size: 1 cup (228g)
Servings per container 2

Amount Per Serving

Calories 250 **Calories from Fat 110**

% Daily Value*

Total Fat 9g	2%
Sodium 460mg	20%
Protein 11g	
Total Carbohydrate 70g	25%
Sugars 17g	
Protein 1g	

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

Take a food label and practice!

Step 1: Look at the Servings Information:

How many servings on the package? _____

What is the serving size? _____

If you ate the whole package, how many servings would you have eaten?

serving size _____ x number of servings in package _____ = _____

Step 2: Look at the Calorie Information:

What is the Calories for one serving? _____

If you ate the whole package, how many calories would you have eaten?

calories _____ x number of servings in package _____ = _____ total calories



For more information,
please contact
The Heart Foundation of Jamaica
28 Beechwood Avenue,
Kingston 5, Jamaica
Tel: 876-960-8293
www.heartfoundationja.org