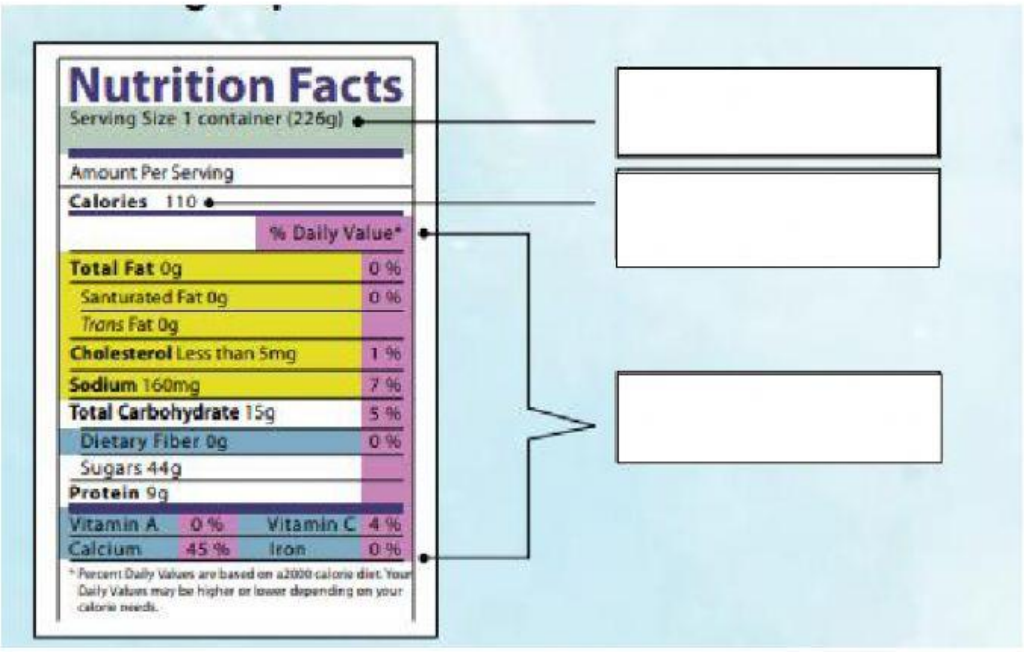
Steps of reading food labels.

Fill in the blanks.

Size per serving	Calories	Nutrients



Steps:

Step 1:

Step 2:

Step 3:

Step 4:

Step 5:

Compare the amount of nutrients with other food labels.
Choose food with a higher amount of nutrients.

List the nutrients to be taken less.
Fat: 0g
Cholesterol: Less than 5mg
Sodium: 160mg
Carbohydrate: 15g
Sugars: 44g

Read the size per serving.
Size per serving: 1 container (226g)

List the other nutrients.
Dietary fiber: 0g
Protein: 9g
Vitamin C: 4%
Calcium: 45%

Read the calories.
Calories: 110 kcal