How to Read a Nutrition Facts Label With Focus on Achieving a Healthy Weight

There are many ‘lessons’ to learn in reading a food label - serving sizes, calories, fat, and nutrients like fiber, calcium and sugars. In weight loss or maintenance the first thing to learn is what is a serving size for a certain food.

2% Milk

The 1st ‘lesson’ is to focus on what a serving size is for that food. Controlling portions and choosing foods with less calories per serving is key in achieving a healthy weight.

**For this example, in the same 1 cup serving, skim milk has less calories and a lot less fat than 2% milk. For a healthy weight, skim milk would be the better choice.

- Another “label lesson” is when shopping for cereal, breads or whole grains (like crackers and cereal bars) look at the “Total Carbohydrate” section for:
  - Less than 12 grams of sugar
  - More than 2-3 grams of fiber