

Learning the label lingo

Serving size and servings per container



When you go grocery shopping, read the Nutrition Facts labels and compare nutrients and calories in one food to those in another. The information may surprise you. Try to avoid foods high in saturated fat, trans fat and cholesterol.

Use serving sizes to count calories

Important nutrition facts are found on the label under serving size and servings per container. If you double the servings that you eat, you double the calories and nutrients, including the Percent Daily Value. The reverse is also true. If you eat half the serving size shown, cut the calories and nutrients in half.

How much is a serving?

Examples of serving sizes listed on the Nutrition Facts label could be one cup of cereal, two cookies or five pretzels. This label tells you how many nutrients are in that amount of food. Serving sizes also help you understand how much you're eating. If you ate 10 pretzels in the example above, that would be two servings and you would double the calories and nutrients.

The label also tells you how many servings are contained in the container. It may say that there are 15 servings in a box of cookies, and each serving is two cookies. Plan how far that package will go if you limit yourself to one serving.

When you learn the label lingo, you'll be one step closer to making better food choices.



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