健康饮食食品标签

食用分量和糖克数

说明：查看并比较两个食品标签上的食用分量和总糖克数和新版食品标签上的添加糖克数。

新版修改的营养成分表直到2020年1月才会在全部食品包装上出现。

原版标签

Nutrition Facts

Serving Size 1 cup (42g)
Servings Per Container About 12

Amount Per Serving

Calories 150	Calories from Fat 0
	% Daily Value*
Total Fat 1g	**1%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 210mg	**9%**
Total Carbohydrate 36g	**13%**
Dietary Fiber 4g	**14%**
Sugars 11g	
Protein 3g	
Vitamin A	10%
Vitamin C	10%
Calcium	0%
Iron	60%

* Percent Daily Values are based on a 2000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Ingredients: Whole Grain Oats, **Sugar**, Oat Bran, Corn Starch, **Honey**, **Brown Sugar Syrup**, Salt, Tri-Potassium Phosphate, Rice Bran Oil, Natural Almond Flavor. Vitamin E (mixed tocopherols) Added to Preserve Freshness.

每餐份是一种使用方便的计量单位。标签上的每餐份可能与通常一次食用的份量不同。

每份**总**糖克数标注在这里。

每份**添加**糖的克数代表的是在制作时食品中额外添加的糖份。

请看下面原料列表中的不同种类的添加糖。

原料以份量排序。排序靠前的原料在食品中含量最高。

新版标签

Nutrition Facts

12 servings per container
Servings size 1 cup (42 g)

Amount Per Serving

Calories	**150**
	% Daily Value*
Total Fat 1g	**1%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 210mg	**9%**
Total Carbohydrate 36g	**13%**
Dietary Fiber 4g	**14%**
Total Sugars 11g	
Includes 11g Added Sugars	**22%**
Protein 3g	
Vitamin D 2.1mcg	10%
Calcium 0mg	0%
Iron 11.3mg	60%
Potassium 100mcg	2%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Whole Grain Oats, **Sugar**, Oat Bran, Corn Starch, **Honey**, **Brown Sugar Syrup**, Salt, Tri-Potassium Phosphate, Rice Bran Oil, Natural Almond Flavor. Vitamin E (mixed tocopherols) Added to Preserve Freshness.

California's CalFresh Healthy Living, with funding from the United States Department of Agriculture's Supplemental Nutrition Assistance Program – USDA SNAP, produced this material. These institutions are equal opportunity providers and employers. For important nutrition information, visit www.CalFreshHealthyLiving.org.