



FACT SHEET 1

STORED ENERGY IN FUELS

Nutritional Information

Serving Size

The nutrition label always lists a serving size, which is an amount of food, e.g. 1 cup of cereal, two cookies, or five pretzels. The nutrition label tells you how many nutrients are in that amount of food. Serving sizes also help people understand how much they are eating. If you ate 10 pretzels, you would have eaten two servings.

Servings per Container or Package

The label also tells you how many servings are contained in that package of food. If there are 15 servings in a box of cookies and each serving is two cookies, then you will have enough for all 30 kids in your class to have one cookie each.

Calories and Calories From Fat

The number of calories in a single serving of the food is listed on the left of the label. This number tells you the amount of energy in the food. The calories in a food can come from fat, protein or carbohydrate.

Calories per Gram

These numbers show how many calories are in one gram of fat, carbohydrate and protein. This information is the same for every food and is printed on the food label for reference.

