

Guide to Reading Food Labels			
Calories	40 is low	100 is moderate	400 is very high
Total Fat	Less than 3g per serving		<p>Less than 5% is low</p> <p>20% is very high</p>
Cholesterol	Less than 20g per serving		
Sodium	Less than 140mg per serving		
Total Carbohydrate	15g equals to a serving of carbohydrates		
Fiber	2.5g or more is a good source		
Sugar	Grams of sugar are included in total carbohydrate		

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