Serving Size

Nutrition facts listed on a nutrition label indicate the measured amount of a food (example: number of chips, or 1 cup of chips, or 1 oz of a food) that is used to determine the nutrition facts listed on a nutrition label.

Servings per container

The number of servings a container holds. Note - multiply the nutrition information by the number of servings you are going to eat.

Calories

The ENERGY it takes to raise 1 gram of water 1 degree celsius - OR: the ENERGY that fuels our bodies and helps it to run a car engine. The (worst kind) saturated fat should be 10% of which your daily calories, of which you should make up no more than 30% of.
saturated fats

unsaturated fats

Mono-unsaturated Fats

Poly unsaturated fats

Reduce your blood cholesterol and are the GOOD fats. Two types: Mono- and Poly unsaturated fats.

- Limit to 15% of total calorie intake per day - high in monounsaturated fats. Peanut butter and nuts are easy. Canola oil, and olive oil is most often use.
- Help prevent heart attacks. Helps protect your blood HDL or "happy" cholesterol. Raise the good cholesterol in your blood.

Unsaturated fats

- Limit to only 10% of total calorie intake. Salmon and tuna. Should make up your diet. Such as: high fat fish, such as vegetable oil's (corn) and salmon. Good sources to include: most other "free radicals" and lead to tissue damage. Good sources come from plants and fish.
partially Hydrogenated Vegetable Oils  Trans Fatty Acids

“UNsaturated fats” called “TRANS FATTY ACIDS” contain “UNsaturated fats” in margarines and shortenings.

Cholesterol carbohydrates

Cholesterol - a fatty substance, also called a lipid, that’s produced by the liver. Also found in foods high in saturated fat (fatty meats, egg yolks, shellfish, and whole-milk dairy products). A vital part of cell structure and functioning.

Trans fats. Saturated fats not as much as cholesterol levels, but may raise blood shortening’s contact type of fats contained in margarines and shortenings, containing unsaturated fats, and may raise blood cholesterol levels, but not as much as saturated fats.

Carbohydrates, or saccharides, are sugars or complex, or polysaccharides and monosaccharides, simple, or carbohydrates, which make up many plant structures. Two types of carbohydrates, starches, which provide energy for humans and animals, and cellulose, which provide strength and structure, which provide.
<table>
<thead>
<tr>
<th>Simple Carbohydrates</th>
<th>Complex Carbohydrates</th>
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<tbody>
<tr>
<td>found in fruits and dairy products</td>
<td>found in processed, refined foods such as white sugar, pastas, and white bread. They are also easy digested by the body. They are also often found in processed foods. Refeeded foods, such as white sugar, are more easily digested by the body.</td>
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**Fiber**
- A virtually indigestible substance that is found mainly in the outer layers of plants. Fiber is a special type of carbohydrate that passes through the human digestive system virtually unchanged, without being broken down into nutrients. It forms a virtually indigestible substance that is found throughout the body.
- Fiber slows eating due to chewing, creates a full feeling longer, slows digestion and absorption so sugars enter the blood more slowly, broken down in the colon, and byproducts (acids) nourish the lining of the colon. Fiber also plays an important role in metabolism and nourish the liver (beans, veggies, nuts, whole grains).

**Protein**
- Protein in the foods we eat is digested into amino acids that are later used to replace used amino acids that are broken down in the colon. The cells then use these amino acids to make all types of protein. Some of the 20 different amino acids that make up proteins can be made by our bodies, so these are known as essential amino acids. It's essential that our diet provide these amino acids. If the diet is lacking in these amino acids, the body will break down muscle to replace the used amino acids.