Label Scanning Tips

When you're reading a food label, ask yourself:

➤ Where's the price tag, so I can see the **item price** and **cost per unit**?

➤ Where is the list of **ingredients**?

➤ Which ingredients are there the **most** of? Those ingredients are listed **first**.

➤ Where are the **nutrition facts**?

➤ How many **servings** are in each package or container?

➤ How many **calories** are in each serving?

➤ What **company** made this product?

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