

# ਲੇਬਲ ਕਿਵੇਂ ਪੜਨਾ ਹੈ?

Nutrition Facts	
Serving Size 1 cup (250 mL)	
Amount Per Serving	
Calories 130	
	% Daily Value*
<b>Total Fat</b> 5g	8%
Saturated Fat 3g	15%
Trans Fat 0.1g	
<b>Cholesterol</b> 20mg	7%
<b>Sodium</b> 120mg	5%
<b>Total Carbohydrate</b> 12g	4%
Dietary Fiber 0g	0%
Sugars 20g	
<b>Protein</b> 9g	18%

\*Percent Daily Values are based on a 2,000 calorie diet.

Step  
**1**

**ਸਰਵਿੰਗ ਦੇ  
ਆਕਾਰ ਨੂੰ ਵੇਖੋ**

=ਖਾਣੇ ਦੀ ਉਹ ਮਾਤਰਾ  
ਜਿਸ 'ਤੇ ਪੌਸ਼ਟਿਕ ਤੱਥ  
ਆਧਾਰਿਤ ਹਨ

Nutrition Facts	
Serving Size 1 cup (250 mL)	
Amount Per Serving	
Calories 130	
	% Daily Value*
<b>Total Fat</b> 5g	8%
Saturated Fat 3g	15%
Trans Fat 0.1g	
<b>Cholesterol</b> 20mg	7%
<b>Sodium</b> 120mg	5%
<b>Total Carbohydrate</b> 12g	4%
Dietary Fiber 0g	0%
<b>Sugars</b> 20g	
<b>Protein</b> 9g	18%

\*Percent Daily Values are based on a 2,000 calorie diet.

Step  
**2**

**ਖੰਡ ਦੀ  
ਮਾਤਰਾ ਵੇਖੋ**  
= 20 ਗ੍ਰਾਮ ਖੰਡ

Nutrition Facts	
Serving Size 1 cup (250 mL)	
Amount Per Serving	
Calories 130	
	% Daily Value*
<b>Total Fat</b> 5g	8%
Saturated Fat 3g	15%
Trans Fat 0.1g	
<b>Cholesterol</b> 20mg	7%
<b>Sodium</b> 120mg	5%
<b>Total Carbohydrate</b> 12g	4%
Dietary Fiber 0g	0%
<b>Sugars</b> 20g	
<b>Protein</b> 9g	18%

\*Percent Daily Values are based on a 2,000 calorie diet.

Step  
**3**

**ਹਿਸਾਬ**


$20 \div 4 = 5$  ਖੰਡ ਦੇ ਚਮਚੇ  
1 ਕੱਪ ਵਿੱਚ



Information provided by:  
Sehat Program | South Asian Health Institute | Fraser Health  
[www.fraserhealth.ca/sahi](http://www.fraserhealth.ca/sahi) | [southasianhealth@fraserhealth.ca](mailto:southasianhealth@fraserhealth.ca)

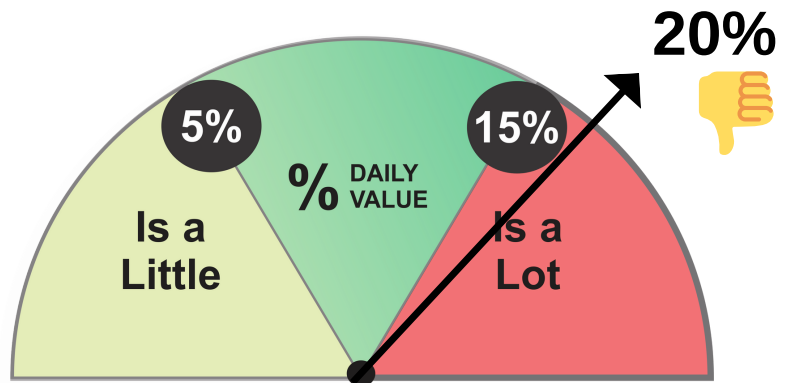
 **fraserhealth**  
Better health. Best in health care.

# ਆਪਣੇ ਸੋਡੀਅਮ(ਲੂਣ) ਦੇ ਸੇਵਨ ਨੂੰ ਘਟਾਓ



ਆਪਣੇ ਹਾਈ ਬਲੱਡ ਪ੍ਰੈਸ਼ਰ ਦੇ ਖਤਰੇ ਨੂੰ ਘਟਾਉਣ ਲਈ  
 ↓ ਲੂਣ ਘੱਟ ਖਾਓ

<b>Nutrition Facts</b>	
Serving size	27 chips (50g)
Amount Per Serving	
<b>Calories</b>	<b>270</b>
	% Daily Value*
Total Fat 17g	22%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
<b>Sodium 450mg</b>	<b>20%</b>
Total Carbohydrate 26g	9%
Dietary Fiber 1g	4%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 3g	6%



**ਟਿੱਪ:**

15% ਤੋਂ ਘੱਟ ਸੋਡੀਅਮ(ਲੂਣ) ਦੀ ਸਮਗਰੀ ਵਾਲਾ ਭੋਜਨ ਚੁਣੋ

Information provided by:

Sehat Program | South Asian Health Institute | Fraser Health  
[www.fraserhealth.ca/sahi](http://www.fraserhealth.ca/sahi) | [southasianhealth@fraserhealth.ca](mailto:southasianhealth@fraserhealth.ca)

