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?