

**Reading Food Labels for Protein**

Some labels have the protein content per portion already written on the label.

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| --- | --- |
| Protein content  per portion | Number of exchanges |
| 0 - 0.3 g | **Free** |
| 0.4g - 0.7 g | **½** |
| 0.8g - 1.2 g | **1** |
| 1.3g - 1.7g | **1½** |
| 1.8g - 2.2g | **2** |

If the protein content per portion is not on the label, to calculate the protein content per portion you will need to know two things:

* Know the amount or weight of the product to be eaten
* Know the protein content per 100g.

It is worked out by:

**Weight of the product to be eaten X Protein content per 100g**

**100**