

## Reading Food Labels for Protein

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

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:

$$\frac{\text{Weight of the product to be eaten} \times \text{Protein content per 100g}}{100}$$