



How To Read a Food Label

Useful nutrition tips from Christine Herkommer, RD

The first 4 listings on the Nutrition Facts(Fat, Sat. Fat, Chol., and Salt) should all be 10% or less of the "% daily value"

Each food item should have at least 5gms of protein & 5gms of fiber

Quick Links

- [Franchising Information](#)
- [More About Us](#)
- [Locations](#)
- [Our Store](#)

Every 15gms of carbohydrate = 1 serving of starch

You want the most nutrients in the least amount of Calories

Check all your packaged food items tonight in your home and see how they rate!

Would you like to own your own PTI franchise?
Call Cliff Nonnenmacher, VP of Franchise Development

516.342.9064 ext 17

www.ptifranchise.com

[Forward email](#)

✉ [SafeUnsubscribe®](#)

This email was sent to ekaplan@personaltraininginstitute.com by ekaplan@personaltraininginstitute.com.
Instant removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).

Email Marketing by



Personal Training Institute | 500 North Broadway | Jericho | NY | 11753