

How to Read a Nutrition Facts Label

Nutrition Facts	
4 servings per container	
Serving size	1 cup (227g)
Amount per serving	
Calories	280
	% Daily Value*
Total Fat 9g	12%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 850mg	37%
Total Carbohydrate 34g	12%
Dietary Fiber 4g	14%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 15g	
Vitamin D 0mcg	0%
Calcium 320mg	25%
Iron 1.6g	8%
Potassium 510mg	10%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Serving Information

Check the serving size on food packages. The information listed on the Nutrition Facts label is based on one serving. Servings are shown in common measurements like cups, ounces, or pieces. **One package may contain more than one serving!** If you eat multiple servings, you are getting multiple calories and nutrients, too!

2 Servings = 2X Calories

Calories

Different people require different caloric intakes. 400 calories or more per serving is high. 100 calories per serving is moderate.

Percent Daily Value (%DV)

When comparing nutrients in foods, use Percent Daily Value (%DV). %DV is based on the "Daily Value" the amounts of nutrients recommended for Americans aged 4 and older to eat everyday.

5%DV or less/serving is low

20%DV or more/serving is high

Nutrients

Aim for 100% DV of Calcium, Dietary Fiber, Iron, and Vitamins. Get less than 100% DV of Cholesterol, Trans Fat, Saturated Fat, Sodium, and Sugar. Try to eat a variety of foods, including fruits and vegetables, whole grains, fat-free or low-fat dairy products, beans and peas, soy products, lean meats and poultry, eggs, seafood, unsalted nuts and seeds.

Avoid too much ■

Get enough ●