

Reading a Nutrition Label

Start Here!

Check the size of a single serving size & how many servings are in the package

Nutrition Facts

Serving Size 1 cup (228g)
Servings Per Container 2

Amount per serving

Calories 250 Calories from Fat 110

Check total calories per serving

If you eat double the servings, you double the calories & nutrients

% Daily Value*

Total Fat 12g	18%
Saturated Fat 3g	18%
Trans Fat 3g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugar 5g	
Protein 5g	
Vitamin A 4%	Vitamin C 2%
Calcium 20%	Iron 4%

Limit these nutrients

Saturated fat < 20g/day
Trans fat < 2g/day
Cholesterol < 300mg/day
Sodium < 2000mg/day

Use %DV as a quick guide

It tells you the % of each nutrient in a single serving.
* Want to consume less of a nutrient (saturated fat, cholesterol, sodium), choose food with a lower %DV, 5% or less is low.
* Want to consume more of a nutrient (fiber), choose foods with a higher %DV, 20% or more is high.

Get enough of these nutrients

Dietary fiber 20-35g/day (14g for every 1000 calories that you eat)
Vitamins/Minerals: 100%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie need:

		Calories: 2,000	2,500
Total Fat	Less than	65 g	80 g
Sat Fat	Less than	20 g	25 g
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2,400 mg	2,400 mg
Total Carbohydrate	Less than	300 g	370 g
Dietary Fiber	Less than	25 g	30 g