

The Nutrition Facts Label: Your Guide to Understanding the Nutrient Content of Your Food

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Nutrition Facts

8 servings per container

Serving size 2/3 cup (55g)

Amount per serving

Calories 230

	% Daily Value*
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

* 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.

The Nutrition Facts Label has a lot of useful information. Knowing how to read the Nutrition Facts Label is a very important skill. You can use the Nutrition Facts Label to learn about the nutritional value of your food and to help you make healthy food and beverage choices.

Reading the Nutrition Facts Label is as easy as following these steps:

1. Serving Size

The first step is finding the serving size and the number of servings in the package

- The serving size information is important because the number of calories and nutrients listed on the Nutrition Facts Label are for one serving of a food or beverage.
- The serving size is based on the amount people usually eat and drink, but you might eat more or less than the serving size listed on the Nutrition Facts Label.

2. Amount of Calories

The second step is seeing how many calories are in one serving.

- Use the calorie information on the Nutrition Facts Label to compare foods and beverages.
- If you eat more than one serving, you will get more calories and nutrients than listed on the Nutrition Facts Label. If you eat less than one serving you will get fewer calories and nutrients than listed on the Nutrition Facts Panel.

3. Nutrients

Next, look for the amount of nutrients in one serving.

- The Nutrition Facts Label lists information for nutrients you want to limit. These include:
 - Trans Fat
 - Saturated Fat
 - Cholesterol
 - Sodium
 - Added Sugars
- The Nutrition Facts Label lists information for nutrients that you want to get enough of. These include:
 - Dietary Fiber
 - Vitamin D
 - Calcium
 - Iron
 - Potassium

4. Percent Daily Value

Look for the percent daily value information

- The percent daily value tells you how much one serving of a food or beverage contributes to daily nutrient needs.
- The percent daily value is based on a 2,000 calorie diet for healthy U.S. adults. Some people may have higher or lower nutrient needs.
- Use the percent daily value to compare foods to find out which product is higher or lower in a nutrient.

Remember these rules of thumb for using the percent daily value information:

- If you see 5 percent daily value or lower, it means the food or beverage is low in a nutrient. Choose foods that are lower in:
 - Saturated fat
 - Cholesterol
 - Sodium
 - Added Sugars
- If you see 20 percent daily value or higher, it means that the food or beverage is high in a nutrient. Choose foods that are higher in:
 - Dietary Fiber
 - Vitamin D
 - Calcium
 - Iron
 - Potassium
 - Other vitamins and minerals

5. Footnote

Use the Footnote

- The information on the footnote helps you understand the percent daily value information.
- The footnote is the same on all foods and beverages.



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