

# Understanding Nutrition Facts Label

Please note: The Nutrition Facts Label below is an example.

**1.** Serving Information →

**2.** Calories →

**3.** Nutrients →

## Nutrition Facts

---

4 servings per container

**Serving size** 1 cup (227g)

---

**Amount per serving**

**Calories** 280

---

	% Daily Value*
<b>Total Fat</b> 9g	<b>12%</b>
Saturated Fat 4.5g	<b>23%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 35mg	<b>12%</b>
<b>Sodium</b> 850mg	<b>37%</b>
<b>Total Carbohydrate</b> 34g	<b>12%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 6g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 15g	
Vitamin D 0mcg	0%
Calcium 320mg	25%
Iron 1.6mg	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.

**4.** Quick Guide to percent Daily Value (%DV)

- 5% or less is low
- 20% or more is high

**Reading the Nutrition Facts Label takes practice. Let's start by taking a look at page 2 to see a breakdown of the different sections.**

# Understanding Nutrition Facts Label

1. **Serving Information:** All the information on the Nutrition Facts Label is based on the serving size. Similar foods often have similar serving sizes, which helps you compare the nutrition content more easily.

Don't skip over the number of servings per container! Sometimes, foods or drinks might look like one serving, but actually provide multiple. For example, let's say a serving size is 1/2 cup and there are 2 servings per container. If you eat the whole container, or 1 cup, you would have to double all the nutrition information on the label to get an accurate picture of what you actually consumed!

2. **Calories:** This section lists the number of calories in one serving of the food or drink. Use this section to see how the item fits with your personal calorie goals or compare it to other items to see which meets your needs better!

3. **Nutrients:** This section lists nutrients that can affect your overall health. In general, try to choose items with less saturated fat, trans fat, sodium and added sugar. When eaten too often, these nutrients can increase the risk of things like heart attack, heart disease, stroke, high blood pressure, diabetes or weight gain.

Instead, try to focus on getting more fiber, vitamin D, calcium, iron and potassium. Americans generally don't get enough of these nutrients. These are important for controlling cholesterol, blood sugar and blood pressure levels. They can also help regulate digestion and keep your bones healthy!

4. **% Daily Value:** Daily Values refer to the amount of each nutrient you should be consuming each day. The % Daily Value (%DV) tells you how much of that nutrient's Daily Value is in the food or drink. It's a quick way to see if you're getting enough (or too much) of a certain nutrient.

Generally, 5% DV or less is considered low and 20% DV or more is considered high. Aim for higher %DV of nutrients like fiber, vitamin D, calcium, iron and potassium. Aim for lower %DV of nutrients like saturated and trans fats, added sugar and sodium.