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Nutrition Facts	
Serving Size 1 cup (228g) Servings Per Container 2	
Amount Per Serving	
Calories 250	Calories from Fat 110
	% Daily Value*
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 3g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

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

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Sat Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

• 5% or less is Low

• 20% or more is High

1 Serving Size and Servings Per Container

Serving size is the amount of food in one serving and servings per container is the number of servings in a package of food.

Serving sizes are usually consistent with similar types of foods, such as milk. Common household measurements are used to make it easier to compare similar foods, for example, apple juice is measured in cups. If a serving size is ½ cup, and you drink 1 cup, you are getting twice the calories, fat and other nutrients on the label.

2 Calories and Calories from Fat

This is the number of calories in one serving and the number of calories that come from fat in one serving.

Pay attention to the amount of calories and calories from fat if you are concerned about your weight. This part of the label can help you manage your weight whether you need to gain, lose, or maintain. If you consume more calories than your body uses, you will gain weight.

3 Percent Daily Value

The percent Daily Value (% DV) provides the percent of nutrients in a serving of food based on the recommended daily allowance for adults. Remember when looking at the % DV that it is for the entire day not just for one meal or snack.

The * at the bottom of the Nutrition Facts food label is a reminder that the % DV is based on a 2,000 calorie diet.

There is no need to memorize the % DV, just use these guidelines when you are comparing labels:

- 5% or less is low - try to stay low in total fat, saturated fat, cholesterol and sodium
- 20% or more is high - try to stay high in vitamins A and C, iron, calcium and dietary fiber

4 Total Fat

The total fat is the number of fat grams in one serving. There are different kinds of fat including saturated, unsaturated and trans fat. While fats and oils are part of a healthful diet and essential for growing, eating too much fat can be harmful to your body. To help reduce their risk of heart disease, choose foods that are lowest in trans fat and saturated fat.

5 Cholesterol and Sodium

These numbers tell you how much cholesterol and sodium (salt) is in one serving of food. Eating less of these nutrients helps you reduce your risk for high blood pressure and high cholesterol. Most of the sodium that you consume comes from processed foods and not the salt shaker.

6 Total Carbohydrate

Sugar and dietary fiber are types of carbohydrates. Sugar is an important part of the label if you are concerned with your weight. There is not a percent daily value (%DV) for sugar. Use the Nutrition Facts label to compare the amount of grams of sugar in similar products and try to limit the foods with added sugars which add calories but not other nutrients. Look at the ingredients list for added sugar such as sucrose, glucose, fructose, or corn syrup.

7 Fiber

A diet rich in fruits, vegetables and whole grains that contain fiber will help reduce your risk of heart disease and improve your digestive tract.

8 Total Protein

Protein is very important because it is the fundamental building blocks for all cells. High protein foods can be high in fat. Compare foods to find foods that are high in protein but low in fat.

9 Vitamins and Minerals

Most Americans don't get enough Vitamins A and C, iron and calcium, so choose the foods with the higher %DV for these nutrients. Eating enough of these nutrients can improve your health and reduce your risk of certain diseases.