

The Nutrition Label

SERVING SIZE

The amount of food that all numbers on the label are based on. Use it to compare a serving size to how much you actually eat.

Look for:

- Serving size (for example, 1 cup, 2 crackers)
- Servings per container

Tip: If you eat 2 servings, you need to double all the numbers like calories, fat, sodium, and so on.

CALORIES

How much energy you get from one serving.

- Low: 40 calories
- Moderate: 100 calories
- High: 400+ calories

NUTRIENTS TO LIMIT

These appear near the top of the label:

- Saturated fat, trans fat, sodium, added sugars

Too much increases the risk of heart disease, high blood pressure, and obesity.

NUTRIENTS TO GET MORE OF

Look for:

- Dietary fiber, vitamin D, calcium, iron, potassium
- Supports digestive health, bones, and overall wellness.
- Aim for higher % DV for these nutrients.

% DAILY VALUE (%DV)

Shows how much a nutrient in a serving contributes to your total daily diet (based on 2,000 calories a day).

- 5% DV or less = Low
- 20% DV or more = High

Use %DV to compare and choose healthier options.

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 240mg	6%
<small>* 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.</small>	

Source: <https://www.fda.gov/food/nutrition-education-resources-materials/nutrition-facts-label>