

How to Read a Nutrition Facts Label

Understanding what the Nutrition Facts Label means can help you make smart food choices that are best for your health.

Serving Size & Servings Per Container

“Serving size” is the official term used on food labels; also known as a “portion” or a “helping”. Nutrition facts given on the food label are based on *one* serving.

Be sure to look at the number of servings in the container. Even small containers may have more than one serving. If you eat the whole container, then you must multiply the nutrition values by the number of servings in the container.

Amount of Calories

The calories listed are for *one* serving of the food. Keep in mind your total daily calorie needs. “Calories from fat” tells how many fat calories there are in one serving. Remember, a product that is fat-free isn’t necessarily calorie-free.

Limit these Nutrients

Eating too much total fat (especially saturated fat and trans fat), cholesterol, or sodium may increase your risk of certain chronic diseases, such as heart disease, some cancers, or high blood pressure. Limit these nutrients. People with high blood pressure should limit **total daily** sodium to under 1500mg. Look for items that are under 140mg of sodium.

Get Enough of These Nutrients (But Watch Sugar!)

Americans often don’t get enough dietary fiber, Vitamin A, Vitamin C, Calcium, and Potassium in their diets.

- Look for choices that have at least 1 gram of fiber.
- Aim for 20–35 grams of fiber per day.
- Compare the number of grams (g) of sugars to the number given for Total Carbohydrate. Unless this food has natural sugar, like that in fruit or milk; these sugars are added. The recommended daily intake for added sugar is less than 25g (6 tsp) for women and children, and less than 36 g (9tsp) for men.

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
<hr/>	
Amount per serving	
Calories	230
<hr/>	
	% 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	
<hr/>	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%
<hr/>	
* 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.	

