HOW TO READ FOOD NUTRITION LABELS

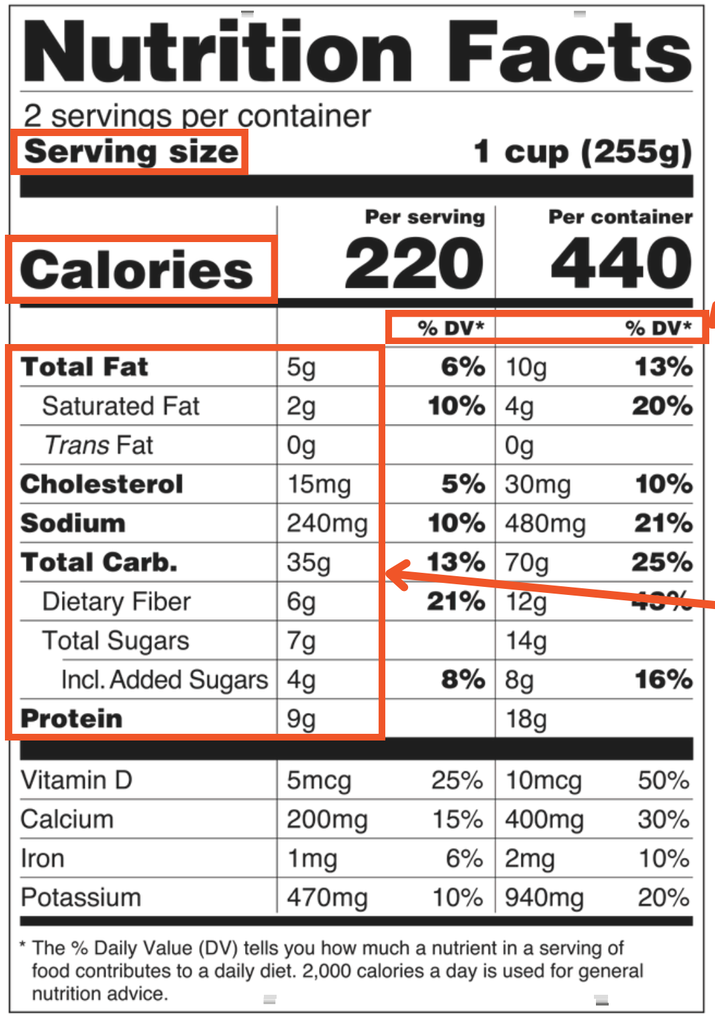
Reading the Nutrition Facts label is your key to understanding how to make healthy and nutritious grocery shopping choices. Follow these tips to learn more about the food you buy, and how it works with your family's wholesome meal goals.

1 SERVING SIZE

The starting point! All nutrition info is based on this number. Compare your portion to the label's serving size to accurately calculate the nutrients.

2 CALORIES

Think of calories as energy points. Balance them with your daily needs and overall health goals.



Nutrition Facts

2 servings per container

Serving size **1 cup (255g)**

		Per serving		Per container	
Calories		**220**		**440**	
			% DV*		**% DV***
Total Fat	5g		**6%**	10g	**13%**
Saturated Fat	2g		**10%**	4g	**20%**
Trans Fat	0g			0g	
Cholesterol	15mg		**5%**	30mg	**10%**
Sodium	240mg		**10%**	480mg	**21%**
Total Carb.	35g		**13%**	70g	**25%**
Dietary Fiber	6g		**21%**	12g	**43%**
Total Sugars	7g			14g	
Incl. Added Sugars	4g		**8%**	8g	**16%**
Protein	9g			18g	
Vitamin D	5mcg		25%	10mcg	50%
Calcium	200mg		15%	400mg	30%
Iron	1mg		6%	2mg	10%
Potassium	470mg		10%	940mg	20%

* 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.

3 % DAILY VALUE (%DV)

- **Quick guide:** 5% DV = low, 20% DV = high
- Go lower on sodium and saturated fat amounts
- Aim higher on fiber, calcium, and iron.

4 NUTRIENTS

- **Fats:** Limit saturated and trans, and opt for unsaturated.
- **Cholesterol:** Keep it moderate and choose lean options.
- **Carbs:** Pick fiber and whole grains; watch for added sugars.
- **Protein:** Essential for growth; eggs, beans, nuts, and fish are smart picks.