

# WHAT'S IN THE Nutrition Label?

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

**1. Start here** —

**2. Check calories** —

**3. Limit these nutrients** —

**4. Get enough of these nutrients** —

**5. Footnote** —

**6. Quick guide to % DV**  
 • 5% or less is low  
 • 20% or more is high

- 1** All the nutrients listed on the food label pertain to one serving of that food item. Pay attention to the serving size, especially how many servings there are in the food package. Then ask yourself, “How many servings am I consuming?” (1/2, 1 or more)
- 2** Calories provide a measure of how much energy you get from a serving of that food item. The number of servings you consume determines the number of calories you actually consume.
- 3** The nutrients identified in yellow should be consumed in limited amounts. Eating too much fat, saturated fat, trans fat, cholesterol or sodium may increase your risk for certain chronic diseases.

- 4** The nutrients identified in green should be consumed in enough amounts to improve and maintain health and reduce the risk for some diseases and conditions.
- 5** The footnote tells that the %DV for the nutrients listed on the food label are based on a 2,000 calorie diet. This statement does not change from product to product; it is always the same.
- 6** The Percent Daily Value (%DV) helps to determine if a serving of food is high or low in a nutrient. Generally, a 5% DV is considered low and a 20% or more is high.

(Source: U.S. Food and Drug Administration, Center for Food Safety and Applied Nutrition. “How to Understand and Use the Nutrition Facts Label”. For detailed information see <http://www.cfsan.fda.gov/~dms/foodlab.html>)