1. Serving Size: The amounts of nutrients are based on only **ONE** serving!

2. Calories measure the energy you get in your food. Fats, Protein, and Carbohydrates all contain calories.

3. Nutrients: **RED:** Limit these nutrients. *Trans* fat does not have a % daily value because it should be consumed very rarely. **GREEN:** Get enough of these healthy nutrients. **WHITE:** Carbohydrates provide us with most of our energy. Sugars can be naturally occurring or added to foods. Added sugars should be limited. Protein does not have a % daily value because everyone needs different amounts.

4. % Daily Value: are based on a 2,000 calorie diet. This may be higher or lower depending on your age, if you are male or female, and your activity level.

5. Footnote: Is a standard chart on every label. It explains the amounts of nutrients that are recommended in an average diet. It is another way to figure out how much of each nutrient you should be getting daily.

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This material was funded by USDA’s Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your local DHS office, or call the URI SNAP-Ed nutrition program at 1-877-Food-URI (1-877-366-3874). USDA is an equal opportunity provider and employer.