

# Nutrition Facts Label

**Serving size:** One serving of this food (2/3 cup on this label) contains the nutrient amounts listed below.

Choose foods low in **Saturated Fat, Trans Fat, and Sodium**. Too much can increase your risk of heart disease. Foods **LOW** in these would have a % Daily Value of 5% or less.

Choose foods high in **Dietary Fiber, Vitamins, and Minerals**. These nutrients keep you healthy and help lower your risk for disease. Foods **HIGH** in these would have a % Daily Value of 20% or more. Foods may have other vitamins and minerals that are not listed.

Nutrition Facts	
8 servings per container	
<b>Serving size</b>	<b>2/3 cup (55g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>230</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carbohydrate</b> 37g	<b>13%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 12g	
Includes 10g Added Sugars	<b>20%</b>
<b>Protein</b> 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 240mg	6%

**Ingredients List:** The ingredients are listed in order from most to least.


This shows the number of calories in one serving of this food. **Calories** are a way to measure the amount of energy in a food.

The **% Daily Value (DV)** is the percentage of each nutrient in one serving compared to the daily suggested amount.

- 5% or less = **LOW** in the nutrient
- 6-19% = **FAIR** amount of the nutrient
- 20% or more = **HIGH** in the nutrient

**Added Sugar** is what is added to a food or drink to make it taste sweeter. It is found in soda, fruit drinks, candy, cookies, and other snack foods. Choose foods low in Added Sugar.

## Practice Reading a Nutrition Facts Label:

Fill in the answers below by reading this  Nutrition Facts label for Oatmeal Cranberry Bites.

1. How many servings does this recipe make? \_\_\_\_\_
2. What is the serving size for this recipe? \_\_\_\_\_
3. How many calories are in one serving? \_\_\_\_\_
4. Looking at the % Daily Value, is one serving high or low in saturated fat? \_\_\_\_\_
5. Looking at the % Daily Value, is one serving high or low in sodium? \_\_\_\_\_
6. Looking at the % Daily Value, is one serving high, fair, or low in fiber? \_\_\_\_\_
7. Looking at the % Daily Value, is one serving high, fair, or low in added sugar? \_\_\_\_\_

Nutrition Facts	
6 servings per container	
<b>Serving size</b>	<b>3 balls</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>180</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 7g	<b>9%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 35mg	<b>2%</b>
<b>Total Carbohydrate</b> 28g	<b>10%</b>
Dietary Fiber 3g	<b>11%</b>
Total Sugars 17g	
Includes 7g Added Sugars	<b>14%</b>
<b>Protein</b> 4g	
Vitamin D 0mcg	0%
Calcium 15mg	2%
Iron 1mg	6%
Potassium 122mg	2%

\*The % Daily Value 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.

ANSWERS: 1) 6, 2) 3 balls, 3) 180, 4) low, 5) low, 6) fair, 7) fair