

Nutrition Facts Label

The Nutrition Facts label tells you what is in a food or drink. It gives you the information you need to make healthy choices. This handout shows you what to look at on the Nutrition Facts label.

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

Nutrition Facts

8 servings per container
Serving size 2/3 cup (55g)

Amount per serving
Calories 230

% 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

Vitamin D 2mcg 10%

Calcium 260mg 20%

Iron 8mg 45%

Potassium 240mg 6%

* 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.

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** in the nutrient
- 20% or more = **HIGH** in the nutrient

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.

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.

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