Understanding Food Labels

Quick Guide

START HERE

CHECK CALORIES

LIMIT THESE

GET ENOUGH OF THESE

% DAILY

5% OR LESS IS LOW

20% OR MORE IS HIGH

Nutrition Facts
4 servings per container

Serving size 5 oz

Amount Per Serving

Calories 90

% Daily Value*

Total Fat 3g  4%
- Saturated Fat 0g  0%
- Trans Fat 0g

Cholesterol 0mg  0%

Sodium 440mg  19%

Total Carbohydrate 13g  5%
- Dietary Fiber 3g  11%
- Total Sugars 3g
  - Includes 0g Added Sugars  0%

Protein 3g  6%

Vitamin D 0mcg  0%

Calcium 52mg  4%

Iron 0.72mg  4%

Potassium 0mg  0%

Vitamin A 80%

Vitamin C 60%

*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.
Understanding Food Labels

**Serving Size**
The serving size represents a typical amount of food consumed. Be aware that you may eat more or less than the listed serving size.

**Sodium**
Too much sodium (salt) can contribute to high blood pressure in some people. Sodium intake should be 2,300 mg per day or less depending on your health.

**Total Carbohydrate**
Carbohydrates serve as your body's main source of energy. Carbohydrates are found in grains and other starchy foods, fruits, vegetables, dairy, and sweets.

**Dietary Fiber**
Fiber can help to lower cholesterol. Fiber is found in foods such as whole grains, fruits, vegetables, and legumes. Aim for at least 25 grams each day.

**Sugars**
Natural and added sugars are included in this number. If your sugar intake is too high, check the ingredients to make sure that sugar (corn syrup, fruit juice concentrate, sucrose, dextrose, maltose, honey, and syrups) are not among the first ingredients listed.

**Vitamins and Minerals**
Get enough of these nutrients (<5% is low). Vitamins and minerals typically fall short in the American diet.

**Calories**
This number reflects the amount of calories per serving. Also listed is the number of calories in one serving that come from fats alone.

**Total Fat**
Limit the intake. Aim for 20 percent or less than daily value. Also look for higher concentrations of monounsaturated and polyunsaturated fats than other types of fat.

**Saturated and Trans Fats**
Saturated and trans fats are linked with raising LDL (bad) cholesterol. Keep these numbers as low as possible.

**Cholesterol**
Limit cholesterol to less than 300 mg per day. Cholesterol is found in animal products such as meat, poultry, fish, and dairy.

**Protein**
Most adults eat more than enough protein. Include a variety of proteins in your diet from both plant and animal sources.

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**Nutrition Facts**

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**Footnote**
The statement "% Daily Values are based on a 2,000 calorie diet" must be on food labels. 2500 calorie diet information will also appear here.