### WHAT’S IN THE Nutrition Label?

1. **Start here**
   - **Calories**: 250
   - **Calories from Fat**: 110

2. **Check calories**
   - **Total Fat**: 12g 18%
   - **Saturated Fat**: 3g 15%
   - **Trans Fat**: 3g
   - **Cholesterol**: 30mg 10%
   - **Sodium**: 470mg 20%
   - **Total Carbohydrate**: 31g 10%
   - **Dietary Fiber**: 0g 0%
   - **Sugars**: 5g
   - **Protein**: 5g

3. **Limit these nutrients**
   - **Vitamin A**: 4%
   - **Vitamin C**: 2%
   - **Calcium**: 20%
   - **Iron**: 4%

4. **Get enough of these nutrients**
   - **Footnote**: 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**: 2,400mg 2,400mg
     - **Total Carbohydrate**: 300g 375g
     - **Dietary Fiber**: 25g 30g

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

6. **Nutrition Facts**
   - **Servings Per Container**: 2
   - **Serving Size**: 1 cup (228g)
   - **Amount Per Serving**
     - **Calories**: 250
     - **Calories from Fat**: 110
     - **Total Fat**: 12g 18%
     - **Saturated Fat**: 3g 15%
     - **Trans Fat**: 3g
     - **Cholesterol**: 30mg 10%
     - **Sodium**: 470mg 20%
     - **Total Carbohydrate**: 31g 10%
     - **Dietary Fiber**: 0g 0%
     - **Sugars**: 5g
     - **Protein**: 5g

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(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)