

How to Read a Food Label

1. Servings per container



Nutrition Facts	
4 servings per container	
Serving size 1 1/2 cup (208g)	
Amount per serving	
Calories	240
% Daily Value*	
Total Fat 4g	5%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 430mg	19%
Total Carbohydrate 46g	17%
Dietary Fiber 7g	25%
Total Sugars 4g	
Includes 2g Added Sugars	4%
Protein 11g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 6mg	35%
Potassium 240mg	6%

2. Serving Size

3. Calories



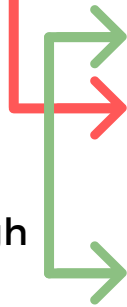
4. Quick Guide to %DV

- 5% or less is low
- 20% or more is high

5. Limit these nutrients



6. Get enough of these nutrients



7. Footnote

1- Servings per container:

The nutrients on the label are for ONE serving only, so if you eat the whole thing, you need to multiply by the number of servings. If you consume all of the food in this container, you'd have eaten 960 calories (240 x 4 servings).

2- Serving size:

The serving size is important so you know what the values on the label refer to. It is also a standard serving, which is useful when you're cutting back.

3- Calories:

Calories tell you how much energy the food contains. Your daily calorie needs depend on your age, sex, size, and activity level.

4- Quick Guide to %DV:

These tell you what percentage of each nutrient the food contains, based on the Daily Value recommendations for each nutrient. Because this assumes an intake of 2000 calories, your targets might be higher or lower, depending on your calorie needs.

5- Limit these nutrients:

The %DV for these "red light" nutrients represent the maximum you should be getting. In general, the less, the better.

6- Get enough of these nutrients:

The %DV for these "green light" nutrients represent the adequate intake you should be aiming for. Getting more of these nutrients from foods is generally encouraged.

7- Footnote:

This is a reminder that the %DV is based on 2000 calories.