



## How to Understand and Use the Nutrition Facts Label

**1 Start Here** →

**2 Check Calories**

**3 Limit these Nutrients**

**4 Get Enough of these Nutrients**

**5 Footnote**

**6 Quick Guide to % DV**

• 5% or less is Low  
• 20% or more is High

<b>Nutrition Facts</b>	
Serving Size 1 cup (228g) Servings Per Container 2	
<b>Amount Per Serving</b>	
<b>Calories</b> 250	Calories from Fat 110
	<b>% Daily Value*</b>
<b>Total Fat</b> 12g	18%
Saturated Fat 3g	15%
Trans Fat 3g	
<b>Cholesterol</b> 30mg	10%
<b>Sodium</b> 470mg	20%
<b>Total Carbohydrate</b> 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
<b>Protein</b> 5g	
<b>Vitamin A</b>	4%
<b>Vitamin C</b>	2%
<b>Calcium</b>	20%
<b>Iron</b>	4%
* 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	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g

1. Pay attention to the serving size
2. The number of servings you consume determines the number of calories you actually eat (your portion amount ex. 250cal. x 2 serv. = 500 cal.).
3. Limit these Nutrients: fat, saturated fat, *trans* fat, cholesterol, or sodium
4. Get Enough of these Nutrients: fiber, vitamin A, vitamin C, calcium, iron
5. Recommended levels of % Daily Values for everyday intakes
6. % of Daily Value consumed out of 100% for each day

For additional label-building skills from U.S Food and Drug Administration please log on to: <http://www.cfsan.fda.gov/~dms/foodlab.html>