

Reading a Nutrition Label

- 1 Serving Information:** First take a look at the Serving Information. This tells you the number of servings in the package (servings per container), and the serving size. The serving size is provided in units that are easy to compare across different foods like cups, tablespoons, or pieces, and also in metric units like grams (g). The serving size shows the amount that people usually eat or drink, NOT the amount that is recommended to eat or drink.
- 2 Calories:** Calories are the amount of energy you get from a serving of food. For example, you consume 230 calories if you eat 1 serving, but if you eat the whole container, you consume 230 calories x 8 servings, or 1,840 calories. To maintain a healthy weight, you should aim for a balance of the calories you eat and drink with the calories your body uses as energy. The general nutrition advice is to consume 2,000 calories per day, but your calorie needs may be different depending on your age, sex, height, weight, and physical activity level. Visit the link below to learn your estimated calorie needs.
- 3 Percent Daily Value (%DV):** This section tells you how much the nutrients like saturated fat, sodium, added sugar, and dietary fiber in one serving of food contribute to your daily diet. 5%DV or less is considered low, and 20%DV or more is considered high.
- 4 Nutrients:** This section of the nutrition label shows some key nutrients that impact your health. Using this section can help you get more of the nutrients you want to get more of, and limit the nutrients you want to get less of.
 - **Nutrients to get more of:** Dietary fiber, Vitamin D, Calcium, Iron, and Potassium
 - **Nutrients to get less of:** Saturated fat, Added sugar, and Sodium
- 5 Footnote:** The footnote explains that the % Daily Value tells you how much a nutrient in one serving of food contributes to a daily diet, and that 2,000 calories a day is used for general nutrition advice.

Nutrition Facts

8 servings per container	
1	Serving size 2/3 cup (55g)
Amount per serving	
2	Calories 230
3	% Daily Value*
	Total Fat 8g 10%
	Saturated Fat 1g 5%
	<i>Trans</i> fat 0g
	Cholesterol 0mg 0%
	Sodium 160mg 7%
	Total Carbohydrate 37g 13%
	Dietary Fiber 4g 14%
4	Total Sugars 12g
	Includes 10g Added Sugars 20%
	Protein 3g 10%
	Vitamin D 2mcg 10%
	Calcium 260mg 20%
	Iron 8mg 45%
	Potassium 240mg 6%
5	*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.