

How to Read Nutrition Labels

You will find a **nutrition label** on most food items you buy. This is a tool to help you make good food choices.

First, look at the **serving size**. This tells you how large one serving will be. Then, look at the **servings per container** to check how many servings are in each package. Even a small package can have more than one serving. If you eat two servings, you will get twice the number of calories listed on the label.

The energy in food is measured in **calories**. You need the right amount of calories to stay at a healthy weight. Eat more calories than you need, and you will gain weight. Eat fewer calories than you need, and you will lose weight.

Total fat is the total amount of saturated, trans fat, polyunsaturated and monounsaturated fats in one serving. You should limit **saturated** and **trans fats** to protect against heart disease. Keep in mind that unsaturated fat content may not be listed.

Sodium is a mineral found in or added to foods. Most people get too much sodium. You can limit the amount of sodium in your diet by not using a salt shaker and by eating fewer packaged or processed foods (such as frozen pizza, canned meat and chips).

Total carbohydrate is the total amount of starch, sugar and fiber found in one serving.

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount Per Serving	
Calories	230
	% Daily Value*
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%
*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.	

Total sugars is the amount of sugar added to the product to improve flavor, texture or shelf life. Limit this to less than 10 percent of your daily calories. Foods like fruit and unsweetened milk have natural sugars; you don't need to include these in your daily sugar limit.

Dietary fiber makes you feel full and helps you have regular bowel movements. Aim for 20 to 35 grams of fiber each day. Soluble fiber helps block cholesterol absorption. Insoluble fiber helps maintain a healthy digestive tract.

Protein helps you build muscle and gives you energy. Some sources of protein (such as meat and milk products) can be high in fat and cholesterol. Choose lean meats, low-fat milk products and plant-based foods more often.

Vitamin D, potassium, calcium and iron have to be listed on every food label. Our diets are often low in these nutrients.

Daily values tell you the percentage a nutrient in one serving of a food contributes to a daily diet. These numbers are based on a person who eats 2,000 per day. Keep in mind your calorie needs may be different depending on weight and activity level.