

Understanding Nutrition Labels

Are you getting enough—or too much?

Serving sizes, carbs, fiber... understanding these and other important nutrients and additives is a big part of eating healthy. The best place to find that information is on a nutrition label, but how do you make sense of it? Here are a few tips.



▶ Serving size

All the information on a label will be based on 1 serving, so be sure you know how much that is! **Remember:** Packages/cans often contain more than 1 serving.

▶ % Daily Value

The FDA makes recommendations for how much of each nutrient to eat in a day. The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet of 2000 calories a day.

- **5% or less** = low in that nutrient
- **20% or higher** = high in that nutrient

▶ Total fat

A low-fat food contains 3 grams of fat or less per serving. Look for items that have **little saturated fat** and **no trans fat**.

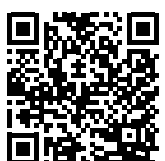
▶ Total carbs

You'll want to note this number if you're counting carbs.

- **Dietary fiber:** Your body doesn't digest fiber, so it doesn't affect your blood glucose. It also helps you feel full after eating and may lower your cholesterol level.
- **Total sugars:** Sugars raise your blood glucose quickly, so it's best to avoid foods that are high in sugar or have added sugar.

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



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