

How to 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

Amount Per Serving			
Calories 250		Calories from Fat 110	
		% Daily Value*	
Total Fat 12g			18%
Saturated Fat 3g			15%
Trans Fat 3g			
Cholesterol 30mg			10%
Sodium 470mg			20%
Total Carbohydrate 31g			10%
Dietary Fiber 0g			0%
Sugars 5g			
Protein 5g			
Vitamin A			4%
Vitamin C			2%
Calcium			20%
Iron			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. The first place to start when you look at the Nutrition Facts label is the serving size and the number of servings in the package. The number of servings you consume determines the number of calories you actually eat.
2. Calories provide a measure of how much energy you get from a serving of this food.
3. Eating too much fat, saturated fat, *trans* fat, cholesterol, or sodium may increase your risk of certain chronic diseases, like heart disease, some cancers, or high blood pressure.
4. Eating enough of these nutrients can improve your health and help reduce the risk of some diseases and conditions.
5. This statement must be on all food labels
6. The %DVs are based on the Daily Value recommendations for key nutrients only for a 2,000 calorie daily diet. The %DV helps you determine if a serving of food is high or low in a nutrient.