

At-A-Glance: The Nutrition Facts Label



Understanding what the Nutrition Facts Label includes can help you make **food choices** that are best for your health.

1

Nutrition Facts

Serving Size 1/4 Cup (113g)
Servings Per Container 8

2

Amount Per Serving

Calories 100 Calories from Fat 20

% Daily Value*

Total Fat 2g **3%**

Saturated Fat 1.5g **7%**

Trans Fat 0g

Cholesterol 10mg **3%**

Sodium 460mg **19%**

Total Carbohydrate 4g **1%**

Dietary Fiber 0g **0%**

Sugars 4g

Protein 16g

Vitamin A 0% • Vitamin C 0%

Calcium 8% • Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.

3

4

5

1 Serving Size

This section shows how many servings are in the package, and how big the serving is. Serving sizes are given in familiar measurements, such as “cups” or “pieces.”

Remember: All of the nutrition information on the label is based upon **one serving** of the food.

A package of food often contains more than one serving!

2 Amount of Calories

The calories listed are for **one serving** of the food. “Calories from fat” shows how many fat calories there are in **one serving**.

Remember — a product that’s *fat-free* isn’t necessarily *calorie-free*. Read the label!

3 Percent (%) Daily Value

This section tells you how the nutrients in one serving of the food contribute to your total daily diet. Use it to choose foods that are high in the nutrients you should get more of, and low in the nutrients you should get less of.

Daily Values are based on a 2,000-calorie diet. However, your nutritional needs will likely depend on how physically active you are. Talk to your healthcare provider to see what calorie level is right for you.

4 Limit these Nutrients

Eating too much total fat (especially saturated fat and *trans* fat), cholesterol, or sodium may increase your risk of certain chronic diseases, such as heart disease, some cancers, or high blood pressure.

Try to keep these nutrients as low as possible each day.

5 Get Enough of these Nutrients

Americans often don’t get enough dietary fiber, vitamin A, vitamin C, calcium, and potassium in their diets. These nutrients are essential for keeping you feeling strong and healthy.

Eating enough of these nutrients may improve your health and help reduce the risk of some diseases.