



# Understanding and Using the Nutrition Facts Label



The **Nutrition Facts** label found on packaged foods and beverages is your **daily tool** for making informed food choices that contribute to healthy lifelong healthy eating habits.

Nutrition Facts	
4 servings per container	
Serving size 1 1/2 cup (208g)	
Amount per serving	
<b>Calories</b>	<b>240</b>
% Daily Value*	
<b>Total Fat</b> 4g	<b>8%</b>
Saturated Fat 1.5g	<b>3%</b>
Trans Fat 0g	
<b>Cholesterol</b> 5mg	<b>10%</b>
<b>Sodium</b> 430mg	<b>18%</b>
<b>Total Carbohydrate</b> 45g	<b>17%</b>
Dietary Fiber 7g	<b>28%</b>
Total Sugars 4g	
Includes 2g Added Sugars	<b>4%</b>
<b>Protein</b> 11g	
Vitamin D 2mcg	<b>10%</b>
Calcium 200mg	<b>20%</b>
Iron 8mg	<b>35%</b>
Potassium 240mg	<b>5%</b>

\* This % 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.

**Servings Per Container** shows the **total number of servings** in the entire food package or container. One package of food may contain more than one serving.

**Serving Size** is based on the **amount of food that is customarily eaten at one time** and is not a recommendation of how much to eat. The nutrition information listed on the label is usually based on one serving of the food; however, some containers may also have information displayed per package.

**Calories** refer to the **total number of calories** in a serving of the food. To achieve or maintain a healthy body weight, balance the number of calories you eat and drink with the number of calories your body uses. 2,000 calories a day is used as a general guide for nutrition advice. Learn your number at [www.choosemyplate.gov/resources/MyPlatePlan](http://www.choosemyplate.gov/resources/MyPlatePlan).

As a general guide:

- **100 calories** per serving of an individual packaged food is considered **moderate**
- **400 calories** or more per serving of an individual packaged food is considered **high**

**% Daily Value (%DV)** shows how much of a **nutrient in a serving of the food contributes to a total daily diet**. Use %DV to determine if a serving of the food is high or low in an individual nutrient and to compare food products (remember to make sure the serving size is the same).

As a general guide:

- **5% DV** or less of a nutrient per serving is considered **low**
- **20% DV** or more of a nutrient per serving is considered **high**

## Nutrients

The Nutrition Facts label can help you **learn about, compare, and monitor the nutrients** in many foods in your diet.

**Nutrients to get less of:** saturated fat, sodium, and added sugars. Compare and choose foods to get less than 100% DV of these nutrients each day.

**Nutrients to get more of:** dietary fiber, vitamin D, calcium, iron, and potassium. Compare and choose foods to get 100% DV of these nutrients on most days.

# Interactiver Nutritional Guide

**Christian G. Meyer**



## **Interactiver Nutritional Guide:**

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