



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	
Calories	240
% Daily Value*	
Total Fat 4g	8%
Saturated Fat 1.5g	3%
Trans Fat 0g	
Cholesterol 5mg	10%
Sodium 430mg	18%
Total Carbohydrate 45g	17%
Dietary Fiber 7g	28%
Total Sugars 4g	
Includes 2g Added Sugars	4%
Protein 11g	
Vitamin D 2mcg	10%
Calcium 200mg	20%
Iron 8mg	35%
Potassium 240mg	5%

* 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.

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

PT Brinkman

A red circular graphic with a gradient, appearing as a semi-circle or a partial circle, located to the right of the PT Brinkman text bar.

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