

SHOP SMART EAT SMART



How to read a Nutrition Facts Label

1. SERVING INFORMATION

When looking at the Nutrition Facts label, first look at the number of servings in the package (servings per container) and the serving size.

It's important to realize that all the nutrient amounts shown on the label, including the number of calories, refer to a single serving.

2. CALORIES

Calories provide a measure of how much energy you get from a serving of this food.

For example, there are 370 calories in one serving of lasagna. What if you ate the entire package? Then, you would consume 8 servings, or 2,960 calories.

3. PERCENT DAILY VALUE (%)

The % Daily Value tells you how much nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

The % DV can tell you if a serving of food contributes a lot, or a little, to your daily diet for each nutrient.

More often, choose foods that are: General Guide to %DV

- | | |
|---|---|
| <p>Higher in %DV</p> <ul style="list-style-type: none"> • Dietary fiber • Vitamin D • Calcium • Iron • Potassium | <p>Lower in %DV</p> <ul style="list-style-type: none"> • Saturated Fat • Sodium • Added Sugars |
|---|---|

<5% DV = Low
>20% DV = High

Example: Sodium
1 Serving=150mg (6%)



2 Serving=300mg (12%)



Nutrition Facts	
8 servings per container	
Serving size	1 cup (68g)
Amount per serving	
Calories	370
	% Daily Value*
Total Fat 5g	7%
Saturated Fat 1g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 150mg	6%
Total Carbohydrate 48g	15%
Dietary Fiber 5g	14%
Total Sugars 13g	
Includes 10g Added Sugars	20%
Protein 12g	
Vit. D 2mcg 10%	Calcium 210mg 20%
Zinc 7mg 50%	Biotin 300mcg 100%

* 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.

4. NUTRIENTS

Look for foods that contain more of the beneficial nutrients and less of the nutrients you may want to limit, such as saturated fat, sodium, and added sugars.