

HOW TO DECODE A NUTRITION LABEL

CALORIES & SERVING SIZE:

Serving size is the amount most commonly eaten. Everything on the Nutrition Label is based off of that specific serving size.

WHY %DAILY VALUE MATTERS:

%DV are based on a 2,000 calorie diet.

Aim for less than 5% of saturated fat, cholesterol, and sodium.

FIBER:

Fiber helps aid the digestion process.

A good source of fiber is 2-3 grams of fiber/serving.

A high source of fiber is >5 grams of fiber/serving.

LESS ADDED SUGAR:

Added sugars are the sugars added to food when processed and packaged.

Limit added sugars to no more than 10% of your total daily calorie intake.

www.eatright.org

Nutrition Facts

8 servings per container

Serving size 2/3 cup (55g)

Amount Per Serving

Calories 230

% Daily Value*

Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Sugar Alcohol 0g	
Protein 3g	6%
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	4%

*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.

INGREDIENT LIST:

Choose food products that have simple, real, and minimal ingredients.

HOW TO DECODE NUTRITION LABEL CLAIMS

Nutritional content claims are claims about the content of certain nutrients or substances in a food, such as “low in fat.”

LOW CALORIE

40 calories or less per serving

CALORIE FREE

Less than five calories per serving

LOW SODIUM

140 milligrams or less of sodium per serving

FAT FREE/SUGAR FREE

Less than 1/2 gram of fat or sugar per serving

GOOD SOURCE

Provides at least 10-19 percent of the Daily Value of a particular vitamin or nutrient per serving

HIGH IN

Provides 20 percent or more of the Daily Value of a specified nutrient per serving

REDUCED

At least 25 percent less of that specified nutrient or calories than the usual product

LIGHT OR LITE

Has 1/3 fewer calories or 50 percent less fat than the usual product

LOW CHOLESTEROL

20 milligrams or less & 2 grams or less of saturated fat per serving

EXCELLENT SOURCE

Provides at least 20 percent or more of the Daily Value