



Reading Food Labels

Did you know...

- Know what is in your food, read labels and make informed decisions about what you are consuming to optimize your health!



What the Nutrition Facts Label Tells Us

How much is one serving of this food?

The size of one serving size is listed at the top, along with the number of servings in each package.

The label tells you how many nutrients are in a serving, not how many are in the whole package.

What is the overall nutrient content of this food?

Check how many calories are in each serving of food. On average, people need about 2,000 calories a day.

Daily Value is the amount of a nutrient you should get each day. The % Daily Values tell you what percent of this daily amount is in one serving.

5% Daily Value or less means that a food is a low source of a nutrient. 20% Daily Value or more means that a food is a high source of a nutrient.

Limit sodium, sugar, and saturated fat, but get enough fiber, vitamins, and minerals.

Amount Per Serving	
Calories 230	Calories from Fat 72
	% Daily Value*
Total Fat 8g	12%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	12%
Dietary Fiber 4g	16%
Sugars 1g	
Protein 3g	



Am I getting enough vitamins and minerals?

These are not the only important vitamins and minerals, but they are ones that many Americans do not get enough of.

Use the % Daily Value to make sure you are getting enough, and also to compare the nutrition of different foods.

Keep in Mind:

The % Daily Values are averages for the whole population, based on an average 2,000 calorie per day diet.

Your nutrient and calorie needs will vary somewhat based on your size, age, activity level, pregnancy, and other factors.

Understanding the Ingredients Label

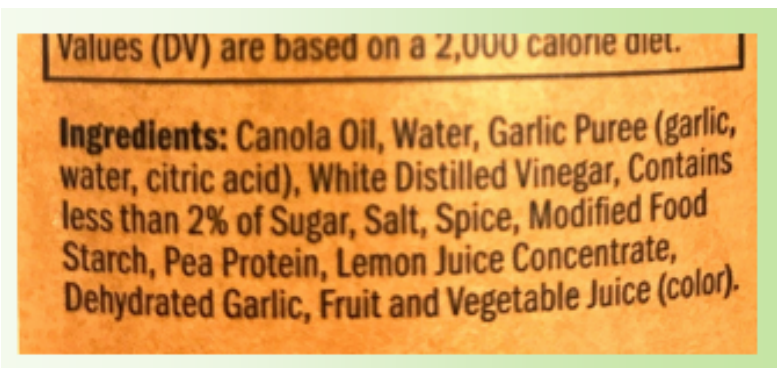
The ingredients are listed in order, from highest to lowest. The first one in the list is present in the largest amount, by weight.

The eight most common allergens must also be listed, either in the ingredients list OR they can be listed separately. These are: milk, egg, fish, crustacean fish, tree nuts, wheat, peanuts, and soybeans.

Vitamin A	10%
Vitamin C	8%
Calcium	20%
Iron	45%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g



New Label

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

* 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.

What's New?

Serving sizes are adjusted. For example, a 16 oz bottled drink must be labeled as one serving, not two, because it will likely be consumed in one sitting.

The servings and calories are in larger type, to make them easier to read.

“Added Sugars” are listed, to set them apart from the sugars that are found naturally in the food, for example in fruits.

Added sugars should be less than 10% of your total daily calories.

Americans are now more likely to not get enough Vitamin D and Potassium, so these replace Vitamins A and C.

