Food Label Made Easy

READING YOUR FOOD LABEL HELPS YOU MAKE BETTER FOOD CHOICES

Start Here

Limit these Nutrients

Get Enough of these Nutrients

Footnote

Quick Guide to % DV

Nutrition Facts

Serving Size 1 cup (228g)
Servings Per Container 2

Amount Per Serving

Calories 250 — Calories from Fat 110

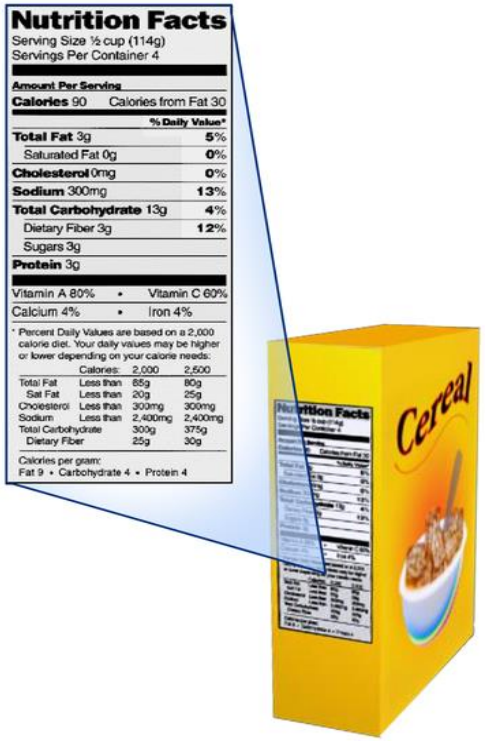
	% Daily Value*
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 1.5g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values 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

Speak to your provider about how we can help you achieve your nutrition goal

For More Information, visit FDA.gov/Food



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FOOD LABEL MADE EASY

Read Before You Eat!

The Serving Size

Serving Size 1 cup (228g)
Servings Per Container 2

The number of calories and all the nutrients on the label are influenced by the serving size.

- We recommend investing in a good scale and measuring cups. Most people tend to overestimate the serving size.

*Example: If the serving size is **1cup** and you eat two sevings (**2cups**), not only will you double the calories, but also all the listed nutrients.*

Calories (and calories from fat)

Amount Per Serving	
Calories 250	Calories from Fat 110

Calories = energy

Different people need to eat different amounts of calories to maintain, lose, or gain weight. ***Focus more on where the calories are coming from, rather than number! In general, the USDA recommends a diet that is:***

- ***45% to 65% carbs (45g-65g)***
- ***25%-35% fat (25g – 35g)***
- ***10%-35% protein (10g-30g)***

The Nutrients: Generally limit the nutrients in yellow and increase the nutrients in blue

Total Fat 12g	**18%**
Saturated Fat 3g	**15%**
Trans Fat 3g	
Cholesterol 30mg	**10%**
Sodium 470mg	**20%**

American Heart Association recommends:

- **Sodium**: ideally **1,500mg** per day for most adults
- **Cholestrol**: No more than **300mg** a day
- **Saturated fat**: No more than **20mg** for women, **30mg** for men
- **Trans fat**: No more than **2g** trans fat per day

Dietary Fiber 0g	**0%**
Vitamin A	**4%**
Vitamin C	**2%**
Calcium	**20%**
Iron	**4%**

Eating a variety of food, especially colorful fruits and vegetables ensures your body gets the fiber and vitamins it needs.

USDA recommendations:

- **Fiber**: 21 to 31g
- **Calcium**: 1200mg to 1300mg
- **Iron**: 8 to18mg

What are Daily Values (DV):

- Daily Values (DV) are recommended levels of intake of a certain nutrient based on a 2,000 or 2,500 calorie diet

- The %DV column is based on 100% of **daily** value of a nutrient. *It is NOT made to add up to 100% v*ertically.

So, if a food has 30mg of cholesterol, that is 30 out of the recommended 300, so 10% of the daily recommended cholesterol intake.

Special note for calcium: The nutrition facts only lists %DV for calcium. Expert advise is 1,200mg a day. So 100%DV is 1,200mg. *Just add a zero to the listed %DV for weight in milligrams!*

The Footnote

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values 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

The statement "%DVS are based on a 2,000 calorie diet" must be on all food labels and is found in the footnote at the bottom of the food label.