

LABEL READING for Healthier Choices

Reading a nutrition label can help empower you to make the right choice for you and your family.

SERVINGS

Start with serving size and servings per container. Serving sizes are based on amounts typically consumed, not necessarily recommended serving sizes. All of the nutrition facts are based on one serving of the food.

CALORIES

If you are trying to manage your weight, knowing how many calories you are consuming is important. However, it's not the only important thing. Where the calories are coming from is just as important.

PERCENT DAILY VALUE

Use percent daily value to help you to determine if a food is high or low in a nutrient. *Anything 5% or less is considered low and anything 20% or more is considered high.* These Percent Daily Value numbers are based on someone consuming 2,000 calories per day. Your calorie needs may be higher or lower, so for some nutrients you may need more or less than 100% Daily Value.

LIMIT SODIUM AND SATURATED FAT

To reduce your risk for heart disease and high blood pressure choose foods with a low % Daily Value for sodium and saturated fat. Most adults need to limit sodium to 2,300 mg and saturated fat to 10% or less of total calories per day (you can calculate the calories coming from saturated fat by multiplying the grams of saturated fat by 9). If you are at increased risk for heart disease, your daily recommendation for sodium is no more than 1500 mg.

Nutrition Facts

2 servings per container

Serving size

1 cup (230g)

	Per serving	Per container
Calories	245	490
	% DV*	% DV*
Total Fat	12g 14%	24g 29%
Saturated Fat	2g 10%	4g 20%
Trans Fat	0g	0g
Cholesterol	8mg 3%	16mg 5%
Sodium	210mg 9%	420mg 18%
Total Carb.	34g 12%	68g 24%
Dietary Fiber	7g 25%	14g 50%
Total Sugars	5g	10g
Incl. Added Sugars	4g 8%	8g 16%
Protein	11g	22g
Vitamin D	4mcg 20%	8mcg 40%
Calcium	210mg 16%	420mg 32%
Iron	3mg 15%	6mg 30%
Potassium	380mg 8%	760mg 16%

*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.

CARBOHYDRATES

Use the information in this section to help you to increase your intake of fiber and decrease your intake of added sugars. Increasing your intake of fiber from whole grains, fruits and vegetables may help you to reduce your risk of heart disease and improve your digestive health. Limit your intake of added sugar to 10% or less of total calories per day (you can calculate the calories coming from added sugar by multiplying the grams of added sugar by 4 to reduce risk for a variety of health conditions.).

VITAMINS AND MINERALS

Vitamin D, calcium, iron, and potassium are vitamins and minerals most people fall short on consuming. Choose foods with a high % Daily Value of these nutrients to reap their benefits.

INGREDIENT LIST

Ingredients are listed in descending order by weight. Look for the first ingredient to be a nutritious food such as a whole grain, fruit, vegetable, or protein.