

Understanding Nutrition Label Facts

Serving Size & Servings Per Container

Check the serving size on food packages.
The information listed on the Nutrition Facts Label is based on one serving. Servings are shown in common measurements like cups, ounces, or pieces.

One package may contain more than one serving!
If you eat multiple servings - you're getting "multiples" on calories and nutrients too.

2 Servings = 2x Calories

Calories

Different people require different caloric intakes.

400 calories or more per serving is high;
100 calories per serving is moderate

Nutrients

Nutrients to get more of
Get 100% DV of these:

Calcium
Dietary Fiber
Iron
Vitamins A & C

Nutrients to get less of
Get less than 100% DV of these:

Cholesterol Trans Fat
Saturated Fat Sugar
Sodium

To meet these goals, eat a variety of foods, including:

fruits and vegetables	lean meats and poultry
whole grains	eggs
fat-free or low-fat milk/milk products	seafood
beans and peas	unsalted nuts and seeds
soy products	

Nutrition Facts

Serving Size 2/3 cup (55g)
Servings Per Container About 8

Amount Per Serving

Calories 230 Calories from Fat 40

	% Daily Value*
Total Fat 8g	12%
Saturated Fat 1g	5%
<i>Trans Fat</i> 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	12%
Dietary Fiber 4g	16%
Sugars 1g	
Protein 3g	
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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.

% Daily Value

When comparing nutrients in foods, use %DV

%DV = Percent Daily Value

%DV is based on "Daily Value" the amounts of nutrients recommended for Americans aged 4 and older to eat everyday.

5% DV or less per serving is low

20% DV or more per serving is high