

Reading a Nutrition Label

Following these guidelines will make it easier for you to understand what your packaged foods contain. An important thing to remember is that most nutrition labels are based on a 2,000 calorie diet.

Serving Size for the Packaged Food

The amount of food suggested to be consumed at one time. The remaining nutritional information on the label is based on this serving size.

Percent Daily Value (%DV)

Shows if serving is high or low in a nutrient.

%DV < 5% (low in nutrients)

%DV > 20% (high in nutrients)

Nutrients to Eat in Moderation

Total Fat: Combined total of Saturated, Trans, and Unsaturated Fats.

Total Fat Recommendation: 20-35% of total calories from fat

Saturated Fat Recommendation: No more than 10% of total calories

Sodium: 140mg or less per serving is considered low sodium. It is recommended to consume less than 2300mg of sodium a day.

Sugars: The amount of total sugars that are in the food.

Total Carb.: Total number of all types of carbs in the food; sugar, complex carbs, and fiber. This is the number to focus on if counting carbs.

Other Nutrient Goals

Dietary Fiber: Recommended to have 25-30g per day

Protein: Recommended to have 0.36g a day per 1 pound of bodyweight

Vitamins: Look for foods that are rich in vitamins & minerals

Nutrition Facts

Serving Size 1 cup (227g)

Servings Per Package 4

Amount/Serving

Calories 120

Fat Cal. 0

	% DV*
Total Fat 0g	0%
Sat. Fat 0g	0%
Trans Fat 0g	
Cholest. 10mg	3%
Potassium 320mg	10%
Sodium 85mg	4%
Total Carb. 9g	3%
Dietary Fiber 0g	0%
Sugars 6g	
Protein 22g	44%

Vitamin A 0%

Vitamin C 0%

Calcium 25%

Iron 0%

*Percent Daily Value (DV) are based on a 2,000 calorie diet.