

Understanding Food Labels

What's on a Food Label?

1. Serving Size
2. Total Calories
3. Calories from fat
4. List of Nutrients.
Manufacturers must provide amounts of vitamins A & C, calcium and iron.
5. % Daily Value.
Shows how much of the recommended daily amount of a nutrient is in a serving of food.



Using the food label will help you choose foods lower in saturated fat, sodium, and cholesterol.

Nutrition Facts	
Serving Size ½ cup (114g)	
Servings Per Container 4	
Amount Per Serving	
Calories 90	Calories from Fat 30
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 200mg	13%
Total Carbohydrate 13g	4%
Dietary Fiber 3g	12%
Sugars 3g	
Protein 3g	
Vitamin A 20%	Vitamin C 60%
Calcium 4%	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
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Tips on Reading the Food Label

1. Note the serving size. Just because something is “reduced fat” or “lighter” in calories, does not mean you can have more of it.
2. Determine the total calories per serving. Remember that when you have more than one serving, you increase your calorie intake.
3. It is not necessary to eliminate a food because it is high in fat. The key is to balance less healthy food with healthier foods.
4. You can use the food label to both help limit those nutrients you want to cut back on AND increase those nutrients you want to eat in greater amounts.