

How to understand a nutrition label.

Reading a nutrition label is an important skill for making informed choices about the food you and your family eat. Here's a step-by-step guide on how to read a nutrition label:

Nutrition Facts	
Serving Size 100 g	
Amount Per Serving	
Calories 250	Calories from fat 10
% Daily Value*	
Total Fat 4%	4%
Saturated Fat 1.5%	4%
Trans Fat	
Cholesterol 50mg	28%
Sodium 150mg	15%
Total Carbohydrate 10g	3%
Dietary Fiber 5g	
Sugars 3g	
Protein 16%	
Vitamin A 1%	▪ Vitamin C 3%
Calcium 2%	▪ Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Serving Size: Serving sizes are standardized to make it easier to compare similar foods. The size of the serving on the food package influences the number of calories and all the nutrient amounts listed on the top part of the label. Pay attention to the serving size, especially how many servings there are in the food package. Then ask yourself, "How many servings am I consuming"?

Calories Per Serving: Calories provide a measure of how much energy you get from a serving of this food. Remember: the number of servings you consume determines the number of calories you actually eat (your portion amount).

Limit these Nutrients: The nutrients listed first are the ones we generally eat enough of, or even too much. Eating too much fat, saturated fat, trans fat, cholesterol, or sodium may increase your risk of certain chronic diseases, like heart disease, some cancers, or high blood pressure.

Get Enough of These Nutrients: Most Americans don't get enough dietary fiber, vitamin D, calcium, iron, and potassium in their diets. Eating enough of these nutrients can improve your health and help reduce the risk of some diseases and conditions.

Footnote

Guide to %DV:
5% or less is Low
20% or more is High

Remember: You can use the label to support your personal dietary needs — choose foods that contain more of the nutrients you want to get more of and less of the nutrients you may want to limit.



Learn more at WellnessCultura.org.