

Nutrition Labels

Read them for Health!

At-A-Glance: The Nutrition Facts Label

Understanding what the Nutrition Facts Label includes can help you make **food choices** that are best for your health.



Nutrition Facts	
Serving Size 1/4 Cup (113g)	
Servings Per Container 8	
Amount Per Serving	
Calories 100	Calories from Fat 20
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 1.5g	7%
<i>Trans</i> Fat 0g	
Cholesterol 10mg	3%
Sodium 460mg	19%
Total Carbohydrate 4g	1%
Dietary Fiber 0g	0%
Sugars 4g	
Protein 16g	
Vitamin A 0%	• Vitamin C 0%
Calcium 8%	• Iron 0%
* Percent Daily Values are based on a 2,000 calorie diet.	

1. **Serving Size** This section shows how many servings are in the package, and how big the serving is. Serving sizes are given in familiar measurements, such as "cups" or "pieces." Remember: All of the nutrition information on the label is based upon **one serving** of the food. A package of food often contains more than one serving!

2. **Amount of Calories** The calories listed are for **one serving** of the food. "Calories from fat" shows how many fat calories there are in **one serving**. Remember -- a product that's fat-free isn't necessarily calorie-free. Read the label!
3. **Percent (%) Daily Value** This section tells you how the nutrients in **one serving** of the food contribute to your total daily diet. Use it to choose foods that are high in the nutrients you should get more of, and low in the nutrients you should get less of. Daily Values are based on a 2,000-calorie diet. However, ***your nutritional needs will likely depend on how physically active you are.*** Talk to your healthcare provider to see what calorie level is right for you.
4. **Limit these Nutrients** Eating too much total fat (especially saturated fat and trans fat), cholesterol, or sodium may increase your risk of certain chronic diseases, such as heart disease, some cancers, or high blood pressure. Try to keep these nutrients as low as possible each day.
5. **Get Enough of these Nutrients** Americans often don't get enough dietary fiber, vitamin A, vitamin C, calcium, and potassium in their diets. These nutrients are essential for keeping you feeling strong and healthy. Eating enough of these nutrients may improve your health and help reduce the risk of some diseases.

Nutrient	More or Less?
Salt/Sodium	Less
Fat	Less
Cholesterol	Less
Fiber	More
Calcium	More
Vitamins	More

Glossary of Key Nutrition Label Terms

Calcium: a mineral that builds and maintains strong bones. Calcium helps prevent osteoporosis.

Calories: the energy provided by food/nutrients. On the label, calories shown are for one serving.

Calories from Fat: Fat calories shown on the label are for one serving.

Cholesterol: a necessary nutrient from animal-based foods that is carried in the bloodstream. LDL cholesterol is "bad" and HDL cholesterol is "good."

Daily Value: the amount of certain nutrients that most people need each day.

Nutrient: an ingredient in a food that provides nourishment or nutritional benefit. **Nutrition Facts Label:** the black-and-white box found on food and beverage packages.

Percent Daily Value (%DV): the percentage of a nutrient found in one serving of food, based on the established standard of 2000 calories per day.

Saturated Fat: a type of fat that is solid at room temperature. It is usually animal-based. This type of fat is associated with certain health risks.

Sodium: dietary salt that is important in the diet. However, too much sodium can lead to high blood pressure and risk of heart disease.

Total Fat: the combined fats that provide energy to the body. Some types of fat are healthier than others. **Trans Fat:** a type of fat that is created when liquid fat is turned into solid fat during manufacturing. Trans fat has no daily value, and should be replaced with unsaturated fat in your diet whenever possible.

Unsaturated Fat: a type of fat that is liquid at room temperature; can be plant-based or animal-based. These are usually "good fats." The web links provided in this booklet were current at time of publication. In the event that they change, please visit www.fda.gov and search by topic, such as "Seniors" or "Labelman."

Remember - the **Nutrition Facts Label** is a tool that is available to you on every packaged food and beverage!

Source: FDA