

# Read the Label

Nutrition Facts	
Serving Size 1 cup (228g)	
Servings Per Container 2	
Amount Per Serving	
<b>Calories</b> 250	Calories from Fat 110
	% Daily Value*
<b>Total Fat</b> 12g	18%
Saturated Fat 3g	15%
Trans Fat 3g	
<b>Cholesterol</b> 30mg	10%
<b>Sodium</b> 470mg	20%
<b>Total Carbohydrate</b> 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
<b>Protein</b> 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
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 60
Sat Fat	Less than 20g 25
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

1. Start here

2. Check calories

3. Limit these

4. Get enough of these

5. Footnote

6. Quick guide to % Daily Value

- 5% or less is low
- 50% or more is high

**1** All the nutrients listed on the food label relate to one serving of that food item. Pay attention to the serving size. Notice how many servings there are in the food package. Then ask yourself, "How many servings am I eating?" (1/2, 1 or more)

**2** Calories measure how much energy you get from a serving of food. The number of servings you eat determines the number of calories you actually eat.

**3** Limit the nutrients in yellow. Eating too much fat, saturated fat, trans fat, cholesterol or sodium may increase your risk for certain chronic diseases.

**4** Eat lots of the nutrients in green. They can help improve your health and reduce the risk for some diseases and conditions.

**5** The footnote tells you that the Percent Daily Value (%DV) for the nutrients listed on the food label are based on a 2,000 calorie diet. This does not change from product to product. It is always the same.

**6** The Percent Daily Value (%DV) tells you if a serving of food is high or low in a nutrient. Generally, a 5% DV is considered low and a 20% or more is high.

