The Nutrition Facts Label

Look for It and Use It!

Information you need to make healthy choices throughout your day

Found on all packaged foods and beverages

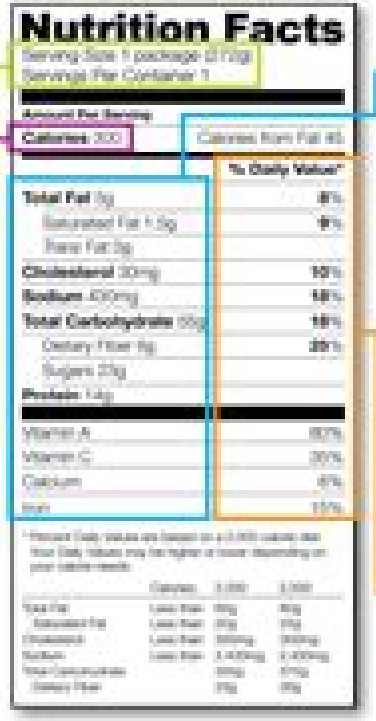
Use it to compare foods!

Choose the foods that are high in nutrients to get more of, and low in nutrients to get less of.

If you consume more calories than you burn, you gain weight.

400 calories or more per serving is high; 100 calories per serving is moderate.

Calories



Nutrition Facts

Serving Size 1 package (170g)
Servings Per Container 1

Amount Per Serving

Calories 300 | Calories from Fat 45

	% Daily Value*
Total Fat 5g	8%
Saturated Fat 1.5g	9%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 430mg	18%
Total Carbohydrate 55g	18%
Dietary Fiber 8g	32%
Sugars 23g	
Protein 14g	
Vitamin A	80%
Vitamin C	20%
Calcium	4%
Iron	15%

* 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
Saturated 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

Nutrients

Nutrients To Get More Of

Get 100% DV of these:

- Calcium
- Dietary Fiber
- Iron
- Vitamins A & C

Nutrients To Get Less Of

Get less than 100% DV of these:

- Cholesterol
- Saturated Fat
- Sodium

Sugars and Trans Fat are nutrients to get less of, but they have no %DV. Use grams to compare!

To meet these goals, eat a variety of foods, including:

- fruits and vegetables
- whole grains
- fat-free or low-fat milk/ milk products
- lean meats and poultry
- eggs
- seafood
- beans and peas
- soy products
- unsalted nuts and seeds

Check the serving size on food packages. The information listed on the Nutrition Facts Label is based on **one** serving. Servings are shown in common measurements like cups, ounces, or pieces.

One package may contain more than one serving! If you eat multiple servings – you're getting "multiples" of calories and nutrients, too.

Serving Size & Servings Per Container

2 SERVINGS = CALORIES X2

%DV

When comparing nutrients in foods, use %DV.

%DV = Percent Daily Value

5% DV or less per serving is low

20% DV or more per serving is high

%DV is based on "Daily Values" – the amounts of nutrients recommended for Americans aged 4 and older to eat every day.

Nutrition Facts
Read the Label

FDA

www.fda.gov/nutritioneducation

Percent Daily Values on the **Nutrition Facts Label** are based on a 2,000 calorie diet; however, your Daily Values may be higher or lower depending on your calorie needs. Calorie needs vary according to age, gender, and physical activity level. Visit **www.choosemyplate.gov** to find your calorie needs.

Food Facts For Young People

A Gutmann

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