

Understanding the Nutrition Facts Label

Sometimes the Nutrition Facts Label may seem hard to understand, but it is a great tool for comparing foods and making healthy food choices. Here are a few steps to use the Nutrition Facts Label better:

1. What is the serving size?

- The nutrients listed on the label are based on the serving size.

2. How many servings have you eaten or plan to eat?

3. Adjust nutrients accordingly.

- Example:** Use the label to the right. You eat 1/2 cup cooked brown rice. How much dietary fiber have you eaten? 1) A serving is 1 cup cooked. 2) You have eaten half of a serving. 3) There are 2 grams dietary fiber per serving. Half of 2 grams is 1 gram.

Nutrition Facts Labels have two tools to help you make healthy food choices:

- Daily Values** list specific nutrients and the recommended amount of nutrients that we should eat in a day if we eat 2000 calories.

<i>Nutrition Facts</i>	
Serving Size: 1/4 cup (47g dry) (About 1 cup cooked) Servings per Container About 8	
<i>Amount per serving</i>	
Calories 170	Calories from Fat 10
Total Fat 1g	%Daily Value** 2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	2%
Sodium 0mg	0%
Total Carbohydrate 36g	12%
Dietary Fiber 2g	8%
Sugar 0g	
Protein 4g	
Vitamin A 0%	Vitamin C 2%
Calcium 0%	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
Fiber	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

2. Percent Daily Values (%DV) is the amount of the nutrient in a serving of food divided by the Daily Value. It can help you make healthy food choices by limiting some nutrients and eating enough of other nutrients.

- Limit Total Fat, Saturated Fat, Cholesterol, and Sodium by eating **less than** 100%DV of these nutrients every day.
- Get enough Vitamins, Minerals, and Dietary Fiber every day by eating **at least** 100%DV every day.
- The %DV can also be used to determine if a food is high or low in a nutrient.
 - High—20%DV or more
 - Low—5%DV or less

Challenge:
Compare the calories of two products next time you go shopping.

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