

# Understanding Food Labels

## WHAT CAN I USE THE NUTRITION FACTS LABEL FOR?

- Getting a general idea about how healthy a food is.
- Figuring out what counts as one serving and how many calories are in each serving.
- Comparing two similar products to choose the healthiest option.

### 1 START HERE

Start by checking what counts as one serving size and how many servings there are per package.

### 3 KNOW YOUR FATS AND REDUCE YOUR SODIUM

Aim to eat only small amounts of saturated fat and cholesterol. Keep *trans* fat to 0. Limit your sodium by choosing foods with less sodium.

### 4 GET ENOUGH OF THESE NUTRIENTS

Aim to get enough fiber, vitamins, and minerals.

Nutrition Facts	
8 servings per container	
<b>Serving size</b>	<b>2/3 cup (55g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>230</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 1g	<b>5%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carbohydrate</b> 37g	<b>13%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 12g	
Includes 10g Added Sugars	<b>20%</b>
<b>Protein</b> 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

### CHECK CALORIES 2

How many calories would you eat if you ate a whole package? Multiply the number of "servings per container" by the "calories."

### QUICK GUIDE TO % DAILY VALUE

5% or less is Low, 20% or more is High. Use the % Daily Value to compare similar foods and choose the healthiest option.

## WATCH OUT FOR THESE COMMON MISCONCEPTIONS:

- Assuming "sugar-free" or "fat-free" means a product is low calorie or healthy; it's not true!
- Buying something because it says "organic," "natural," "multigrain," or has some other "healthy" claim. These statements do not necessarily mean a product is good for you.
- Assuming that a package or bottle is only one serving. Many beverage bottles and packages of chips, cookies, and candy are actually 2 or 3 servings!

For more information [visit fda.gov](http://www.fda.gov) and search "Food Labeling"