

Nutrition Facts

4 servings per container

Serving size 1 1/2 cup (208g)

Amount per serving

Calories 240

% Daily Value*

Total Fat 4g 5%

Saturated Fat 1.5g 8%

Trans Fat 0g

Cholesterol 5mg 2%

Sodium 430mg 19%

Total Carbohydrate 46g 17%

Dietary Fiber 7g 25%

Total Sugars 4g

Includes 2g Added Sugars 4%

Protein 11g

Vitamin D 2mcg 10%

Calcium 260mg 20%

Iron 6mg 35%

Potassium 240mg 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.

Total Fat

What It Is

Fat is found in foods from both **plants and animals**. Total Fat on the Nutrition Facts label includes:

- **Saturated fat** is found in higher proportions in **animal products** and is usually **solid** at room temperature.
- **Trans fat formed naturally** is found in small amounts in dairy products, beef, and lamb. **Trans fat formed artificially during food processing** is found in partially hydrogenated oils, which were used in a variety of foods, such as baked goods, coffee creamer, ready-to use frostings, snack foods, and stick margarine. As of 2018, most uses of partially hydrogenated oils, the major source of artificial *trans* fat in the U.S. food supply, have been phased out. *Trans* fat is also present at very low levels in refined vegetable oils.
- **Monounsaturated and polyunsaturated fats** are found in higher proportions in **plants** and are usually **liquid** at room temperature as oils.

Where It Is Found

- **Saturated fat** is found in animal fats, baked goods, condiments, gravies, dairy products (whole and 2% reduced-fat), desserts, meats and poultry, processed meats and poultry products, pizza, salad dressings, snack foods, sandwiches, spreads, sweets, tropical plant oils, and vegetable shortening.
- **Trans fat formed naturally** is found in small amounts in dairy products, beef, and lamb. **Trans fat formed artificially during food processing** is found in partially hydrogenated oils, which were used in a variety of foods. As of 2018, most uses of partially hydrogenated oils, the major source of artificial *trans* fat in the U.S. food supply, have been phased out. *Trans* fat is also present at very low levels in refined vegetable oils.
- **Monounsaturated and polyunsaturated fats** are found in avocados, fish, mayonnaise and oil-based salad dressings, nuts, olives, seeds, soft margarines, and vegetable oils.

What It Does

- Fat provides calories, or “energy,” for the body. Each gram of fat provides **9 calories**. Fat also stores energy in excess of what the body needs immediately and serves as a secondary energy source once calories from carbohydrates are used up.
- Fat is a basic part of cell membranes and is necessary for proper growth and development.
- Fat helps the body absorb important fat-soluble vitamins (vitamins A, D, E, and K).
- Fat supports key body processes, such as blood clotting, nervous system function, reproduction, and immune response.
- Fat plays a vital role in maintaining healthy skin and hair.
- Fat in food provides taste and consistency and helps you feel full.



FDA U.S. FOOD & DRUG
ADMINISTRATION

www.fda.gov/nutritioneducation

Interactive Nutrition Facts Label • October 2021
Total Fat 1

Health Facts

- There is evidence that diets higher in saturated fat and *trans* fat are associated with increased levels of total cholesterol and/or low-density lipoprotein (LDL or “bad”) cholesterol—which, in turn, are associated with an **increased risk of developing cardiovascular disease**. Cardiovascular disease is the leading cause of death in both men and women in the U.S.
- *The Dietary Guidelines for Americans* recommend that individuals 2 years of age and older limit saturated fat intake to **less than 10% of calories per day** by replacing saturated fat with unsaturated fats, particularly polyunsaturated fats. The guidelines also recommend **keeping the intake of *trans* fat as low as possible**.
- Dietary fat has more than **twice the calories** per gram as either carbohydrate or protein, so calories from fat can add up quickly.

✓ Action Steps

For Monitoring Total Fat in Your Diet

Use the **Nutrition Facts** label as a tool for monitoring consumption of total fat. The Nutrition Facts label on packaged foods and beverages shows the amount in grams (g) and the % Daily Value (%DV) of total fat per serving of the food.

The Nutrition Facts label also lists the types of fat that make up the total fat in a product. This includes the amount in grams (g) per serving of saturated fat and *trans* fat and the %DV of saturated fat. Food manufacturers may also *voluntarily* list the amount in grams (g) per serving of monounsaturated fat and polyunsaturated fat.

The Daily Value for total fat is 78 g per day. This is based on a 2,000 calorie daily diet—your Daily Value may be higher or lower depending on your calorie needs.

- When comparing and choosing foods, look at the %DV of total fat. And remember:
 - 5% DV or less of total fat per serving is considered low
 - 20% DV or more of total fat per serving is considered high
- Choose lean cuts of meats and poultry. Trim or drain fat from meats before or after cooking and remove poultry skin before eating.
- Try seafood and plant sources of protein (such as beans, peas, lentils, tofu and other soy products, and unsalted nuts and seeds) in place of some meats and poultry.
- Substitute fat-free or 1% low-fat dairy products and/or lactose-free versions and fortified soy beverages for whole and 2% reduced-fat dairy products.
- More often cook and bake with liquid vegetable oils higher in polyunsaturated and monounsaturated fat (such as canola and olive oil) instead of fats high in saturated fat (such as butter, lard, shortening, and coconut oil).
- Try baking, broiling, grilling, and steaming. These cooking methods do not add extra fat.
- Limit baked goods, desserts, fried fast foods, and snack foods.
- When eating out, ask which fats are being used to prepare your meal. You can also ask if nutrition information is available to help you make informed choices.