

What's on the Nutrition Facts Label

The **Nutrition Facts** label found on packaged foods and beverages is your **daily tool** for making informed food choices that contribute to healthy lifelong eating habits. Explore it today and discover the wealth of information it contains!

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%
<i>Trans</i> 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.

Servings Per Container shows the **total number of servings** in the entire food package or container.

- It is common for one package of food to contain more than one serving.
- Some containers may also have a label with two columns—one column listing the amount of calories and nutrients in one serving and the other column listing this information for the entire package.

Serving Size is based on the **amount of food that is customarily eaten at one time** and is not a recommendation of how much to eat or drink. The nutrition information listed on the Nutrition Facts label is usually based on one serving of the food; however, some containers may also have information displayed per package.

- Serving size is shown as a common household measure that is appropriate to the food (such as cup, tablespoon, piece, slice, or jar), followed by the metric amount in grams (g).
- When comparing calories and nutrients in different foods, check the serving size to make an accurate comparison.

Calories refers to the **total number of calories**, or “energy,” supplied from all sources (carbohydrate, fat, protein, and alcohol) in a serving of the food.

- To achieve or maintain a healthy body weight, balance the number of calories you eat and drink with the number of calories your body uses.
- 2,000 calories a day is used as a general guide for nutrition advice. Your calorie needs may be higher or lower and vary depending on your age, sex, height, weight, and physical activity level. Learn your number at www.myplate.gov/myplate-plan.

As a general guide:

- **100 calories** per serving of an individual packaged food is considered **moderate**
- **400 calories** or more per serving of an individual packaged food is considered **high**

Tip: The terms “fat-free” and “no added sugars” do not mean “calorie-free.” These food items may have as many calories as the regular versions. Always check the Nutrition Facts label and compare the calories and nutrients in the modified version to the regular version.



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% Daily Value (%DV) shows how much a nutrient in a serving of the food contributes to a total daily diet.

- The %DV column doesn't add up vertically to 100%. Instead, the %DV is the **percentage of the Daily Value** for each nutrient in a serving of the food. The Daily Values are reference amounts (in grams, milligrams, or micrograms) of nutrients to consume or not to exceed each day.

For example, the Daily Value for saturated fat is less than 20 grams (g) per day (based on a 2,000 calorie daily diet), which equals 100% DV. If the Nutrition Facts label says one serving of a food contains 1.5 g of saturated fat, then the %DV for saturated fat for this specific food is 8%. That means the food contains 8% of the maximum amount of saturated fat that an average person should eat in an entire day.

- Some nutrients on the Nutrition Facts label do not have a %DV, so use the number of grams to compare and choose products.

Using %DV

- **Compare Foods:** Use %DV to compare food products (remember to make sure the serving size is the same) and to choose products that are higher in nutrients you want to get more of and lower in nutrients you want to get less of.

As a general guide:

- **5% DV** or less of a nutrient per serving is considered **low**
- **20% DV** or more of a nutrient per serving is considered **high**
- **Understand Nutrient Content Claims:** Use %DV to help distinguish one claim from another, such as “light,” “low,” and “reduced.” Simply compare %DVs in each food product to see which one is higher or lower in a particular nutrient. There is no need to memorize definitions.
- **Manage Dietary Trade-Offs:** Use %DV to make dietary trade-offs with other foods throughout the day. You don't have to give up a favorite food to have a healthy diet. When a food you like is high in a nutrient you want to get less of—or low in a nutrient you want to get more of—you can balance it with foods that are low (or high) in that nutrient at other times of the day.



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INGREDIENTS: BULGUR WHEAT, SAUCE (WATER, HALF AND HALF [MILK, CREAM], PARMESAN CHEESE [PASTEURIZED SKIM MILK, CULTURES, SALT, ENZYMES], CHEDDAR CHEESE [PASTEURIZED MILK, CULTURES, SALT, ENZYMES], OLIVE OIL, BUTTER, SUGAR, XANTHAN GUM, SPICE), LENTILS, CORN, GREEN BEANS, RED BEANS, POTATOES.
CONTAINS: WHEAT, MILK.

Nutrients

The Nutrition Facts label can help you **learn about the nutrient content** of many foods in your diet.

- **The Nutrition Facts label must list:** total fat, saturated fat, *trans* fat, cholesterol, sodium, total carbohydrate, dietary fiber, total sugars, added sugars, protein, vitamin D, calcium, iron, and potassium.
- **The Nutrition Facts label may also list:** monounsaturated fat, polyunsaturated fat, soluble fiber, insoluble fiber, sugar alcohols, vitamins (biotin, choline, folate, niacin, pantothenic acid, riboflavin, thiamin, and vitamins A, B₆, B₁₂, C, E, and K) and minerals (chloride, chromium, copper, iodine, magnesium, manganese, molybdenum, phosphorus, selenium, and zinc).

The Nutrition Facts Label can also help you **monitor nutrients** you want to get less of and those you want to get more of.

Nutrients to get less of:

Saturated fat, sodium, and added sugars.

Most Americans exceed the recommended limits for these nutrients—and diets higher in these nutrients are associated with an increased risk of developing some health conditions (such as cardiovascular disease and high blood pressure).

Compare and choose foods to **get less than 100% DV of these nutrients each day.**

Nutrients to get more of:

Dietary fiber, vitamin D, calcium, iron, and potassium.

Many Americans do not get the recommended amount of these nutrients—and diets higher in these nutrients can reduce the risk of developing some health conditions (such as cardiovascular disease, osteoporosis, anemia, and high blood pressure).

Compare and choose foods to **get 100% DV of these nutrients on most days.**

Ingredient List

In addition to the Nutrition Facts label, the ingredient list is also a helpful tool. The ingredient list shows each ingredient in a food by its **common or usual name**. Ingredients are listed in **descending order by weight**, so the ingredient that weighs the most in the product is listed first, and the ingredient that weighs the least is listed last.



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