

Understanding the Nutrition Facts Label

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Nutrition Facts	
Serving Size 1 cup (228g)	
Servings Per Container 2	
Amount Per Serving	
Calories 250	Calories from Fat 110
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 3g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
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
Dietary Fiber	25g	30g

The size of the serving on the food package influences the number of calories and all the nutrient amounts listed on the top part of the label. **Pay attention to the serving size, especially how many servings there are in the food package. Then ask yourself, "How many servings am I eating?"**

Quick Guide to % DV

- 5% or less is Low
- 20% or more is High

The Percent (%) Daily Value (DV) is a helpful tool to check whether a food is high or low in a certain nutrient such as fat or fiber. A product is:

- A good source of a particular nutrient if one serving provides 10 to 19% of the DV
- High in a given nutrient if it contains 20% or more of the DV
- Low in that nutrient if the DV is 5% or less

Footnote: The Daily Values are based on a 2,000 calorie diet. This portion of the nutrition facts label provides information on 2,000 and 2,500 calorie diets.

<p>Quick Guide to % Daily Value (DV) Ideally, for the average healthy person, % DV for each of these nutrients should follow these guidelines.</p>	<p>5% or less is Low</p> <ul style="list-style-type: none"> • Total Fat • Saturated Fat • Trans Fat • Cholesterol • Sodium 	<p>20% or more is High</p> <ul style="list-style-type: none"> • Fiber • Calcium • Iron • Vitamin C • Vitamin A
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Nutrient Claims on Food Packages

Ever wonder what the difference is between fat free, saturated fat free, low fat, reduced and less fat? Certain claims that can be used on food packaging have been defined by the government. Many popular claims are listed below.

Claims for calories

Calorie free: less than 5 calories per serving

Low calorie: 40 calories or less per serving

Claims for fat

Fat free: less than 0.5 grams (g) of fat or saturated fat per serving

Saturated fat free: less than 0.5 g of saturated fat per serving

Trans fat free: less than 0.5 g of trans fatty acids per serving

Low fat: 3 g or less of total fat per serving

Low saturated fat: 1 g or less of saturated fat per serving

Reduced fat or less fat: at least 25% less fat than the regular version per serving

Claims for sodium

Sodium free or salt free: less than 5 milligrams (mg) of sodium per serving

Very low sodium: 35 mg of sodium or less per serving

Low sodium: 140 mg of sodium or less per serving

Reduced sodium or less sodium: at least 25% less sodium than the regular version per serving

Claims for cholesterol

Cholesterol free: less than 2 mg per serving

Low cholesterol: 20 mg or less per serving

Reduced cholesterol or less cholesterol: reduced cholesterol or at least 25% less cholesterol than the regular version per serving

Claims for sugar

Sugar free: less than 0.5 g of sugar per serving

Reduced sugar: at least 25% less sugar per serving than the regular version per serving

Claims for fiber

High fiber: 5 g or more of fiber per serving

Good source of fiber: 2.5 g to 4.9 g of fiber per serving



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