

How to Read a Nutrition Label

Making healthy dietary choices can help you feel your best and stay active. It can also help you lower your risk of developing some health conditions.

The U.S. Food and Drug Administration (FDA) has a tool to help you make informed food choices that can have positive effects on your health and wellness. It is called the **Nutrition Facts label** and you can find it on packaged foods and beverages.

1. Servings Per Container

Shows the total number of servings in the entire food package or container. One package of food may contain more than one serving.

3. Check the Calories

Refers to the total number of calories in a serving of the food.

5. Get enough of these

Look for foods that have at least 3 grams of **fiber**. Eat plant-based **protein**, like soy, beans, peas and lentils. Get your **vitamins** from food instead of supplements.

Nutrition Facts	
6 servings per container	
Serving size	1 cup (230g)
Amount per serving	
Calories	250
% Daily Value*	
Total Fat 12g	14%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 8mg	3%
Sodium 210mg	9%
Total Carbohydrate 34g	12%
Dietary Fiber 7g	25%
Total Sugars 5g	
Includes 4g Added Sugars	8%
Protein 11g	
Vitamin D 4mcg	20%
Calcium 210mg	16%
Iron 4mg	22%
Potassium 380mg	8%

*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.

2. Check the Serving Size

Is usually based on one serving of the food.

4. Limit these

Watch out for foods with more than 20% **fat**. Don't eat more than 2400 milligrams of **sodium** a day. Make sure **carbs** make up 45-65% of your daily calories. Limit your **sugar** to 25 grams a day or less.