



HOW TO READ A NUTRITION FACTS LABEL

The Nutrition Facts label is based on updated science information, nutrition research and dietary recommendations that can help you choose healthy foods. Some highlights on the new label include updated serving size requirements and the amount of added sugars, vitamin D and potassium requirements. Additionally, vitamins A and C were removed from the label due to rare deficiencies, and most Americans do not consume enough vitamin D and potassium.

8 servings per container Serving size 2/3 cup	(55g
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Calories 2	30
% Dai	ily Value
Total Fat 8g	109
Saturated Fat 1g	59
Trans Fat 0g	
Cholesterol 0mg	09
Sodium 160mg	79
Total Carbohydrate 37g	139
Dietary Fiber 4g	149
Total Sugars 12g	
Includes 10g Added Sugars	209
Protein 3g	
Vitamin D 2mcg	109
Calcium 260mg	20%
Iron 8mg	45%
Potassium 240mg	69

Source:

Examples of Different Label Formats that Using the New Nutrition Facts Label (fda.gov)

SERVING SIZE

The serving size is based on one serving of food that is reflected by the amount people typically eat or drink, rather than the recommended amount of one serving. It provides a realistic view of the number of calories consumed.

DAILY VALUE

The % Daily Value (%DV) is a guide to the nutrients in one serving of food. Choose foods that are high in %DV (20% DV or more) for dietary fiber, vitamin D, calcium, iron and potassium. Choose foods that are low in %DV (5% DV or less) for saturated fat, sodium and added sugars. For example, if the nutrient facts label lists 15% for calcium, it means that one serving provides 15% of the calcium you need each day.

CALORIES

Calories are a measure of how much energy you get from eating one serving of food. Balance the number of calories you eat and drink with the number of calories your body expends during physical activity. Calorie levels range lower or higher than 2,000 calories based on age, sex, height, weight and physical activity.²

NUTRIENTS

The key nutrients listed on a nutrition facts label can impact your health. Look for foods high in dietary fiber, vitamin D, calcium, iron and potassium, rather than foods with high saturated fat, sodium and added sugars due to the correlated risk of cardiovascular diseases.

TIPS TO MAKE HEALTHIER CHOICES

- Aim for less than 300 mg of cholesterol a day.³
- Aim for less than 2,300 mg of sodium a day.²
- For canned items, choose fruit without added sugars (canned in 100% fruit juice or water) and vegetables with no salt added.
- The ingredient list is also a helpful tool to make healthy choices. The first ingredient is what the food item has most of. Tip: Look for "whole grain" when choosing bread.

Sources:

- 1. How to Understand and Use the Nutrition Facts Label | FDA
- 2. Dietary Guidelines for Americans, 2020-2025
- 3. Interactive Nutrition Facts Label (fda.gov)

^{*}Based on a 2,000-calorie eating pattern. The amount from each food group varies by age.