

The Nutrition Facts Label

Look for It and Use It!

Information you need to make healthy choices throughout your day



Found on all packaged foods and beverages



Use it to compare foods!



Choose the foods that are high in nutrients to get more of, and low in nutrients to get less of.



If you consume more calories than you burn, you gain weight.

400 calories or more per serving is high; 100 calories per serving is moderate.

Calories

Check the serving size on food packages. The information listed on the Nutrition Facts Label is based on one serving. Servings are shown in common measurements like cups, ounces, or pieces.

One package may contain more than one serving! If you eat multiple servings – you're getting "multiples" on calories and nutrients, too.

Serving Size & Servings Per Container

2SERVINGS=CALORIESX2

Nutrition Facts	
Serving Size 1 package (272g)	
Servings Per Container 1	
Amount Per Serving	
Calories 300	Calories from Fat 45
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 1.5g	9%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 430mg	18%
Total Carbohydrate 55g	18%
Dietary Fiber 6g	25%
Sugars 23g	
Protein 14g	
Vitamin A	80%
Vitamin C	35%
Calcium	6%
Iron	15%

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated 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

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:

Nutrients

+ Nutrients To Get More Of

Get 100% DV of these:

- Calcium
- Dietary Fiber
- Iron
- Vitamins A & C

- Nutrients To Get Less Of

Get less than 100% DV of these:

- Cholesterol
 - Saturated Fat
 - Sodium
- TIP** Sugars and Trans Fat are nutrients to get less of, but they have no %DV. Use grams to compare!

To meet these goals, eat a variety of foods, including:

- fruits and vegetables
- lean meats and poultry
- beans and peas
- whole grains
- eggs
- soy products
- fat-free or low-fat milk/milk products
- seafood
- unsalted nuts and seeds

%DV

When comparing nutrients in foods, use %DV.

%DV = Percent Daily Value

%DV is based on "Daily Values" – the amounts of nutrients recommended for Americans aged 4 and older to eat every day.

5% DV or less per serving is low

20% DV or more per serving is high

Nutrition Facts
Read the Label



www.fda.gov/nutritioneducation

Percent Daily Values on the Nutrition Facts Label are based on a 2,000 calorie diet; however, your Daily Values may be higher or lower depending on your calorie needs. Calorie needs vary according to age, gender, and physical activity level. Visit www.choosemyplate.gov to find your caloric needs.