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.

Calories

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

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.

2 SERVINGS = CALORIES X 2

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%

* 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

Get 100% DV of these:
• Calcium
• Dietary Fiber
• Iron
• Vitamins A & C

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

When comparing nutrients in foods, use %DV.

%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

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 calorie needs.

FDA
Read the Label
www.fda.gov/nutritioneducation