



HOW TO READ A NUTRITION LABEL

Serving Size & Calorie Content

- Pay attention to the serving size first, it tells you the amount of food recommended to eat at one time.
- The rest of the nutrition label then tells you how much of certain nutrients you are obtaining from just that one serving.
- Notice this container has 8 servings, so if you ate this whole package you would actually consume 1,840 calories!

Nutrition labels are found on almost all food and beverage packages. These labels give us breakdowns of the nutrients and amounts you will find in a serving of that particular food or beverage.

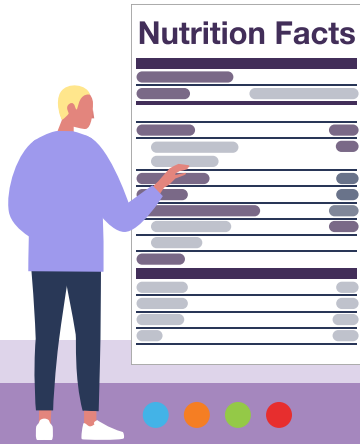
Nutrition Facts

8 servings per container
Serving size 2/3 cup (55g)

Amount per serving
Calories 230

	% Daily Value*
Total Fat 8g	10%
Saturated Fat 1g	5%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

* 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.



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Major Nutrients

- This section tells you the main nutrients you are gaining from this food product.
- The important nutrients are bolded: total fat, cholesterol, sodium, total carbohydrates, and protein.
- Try to limit consuming large amounts of saturated fat, sodium, and added sugars.
- Aim to eat more foods that contain dietary fiber, iron, potassium, calcium, and vitamin D.

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% Daily Value

- The % daily value (DV) shows how much a nutrient in one serving contributes to your daily diet.
- If you ate one serving of the food in the label above, you would be eating 10% of your total fat for the day.
- A 5% DV or less for one serving is low and a DV with 20% or more for one serving is high.
- DV is based on consuming 2,000 calories a day which won't be the same for everyone all the time.

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