

Reading & Comparing Food Labels

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%
Trans 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 240mg	6%
<small>* 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.</small>	

AMOUNTS on labels are based on 1 serving. How many are you eating?

CALORIES tell you how much energy you get with each serving.

% DAILY VALUE tells you if a food is high or low in a certain nutrient; 20% or more is high, 5% or less is low.

Aim low on **“UNHEALTHY” FATS**. Unsaturated fat is better for you than saturated fat. Try to avoid trans fat altogether.

Look for labels with **LESS SODIUM** when comparing labels.

Look for **MORE FIBER** and **LESS SUGAR** when comparing labels.



TIP: Always read and compare nutrition labels to get the full story.