

Reading Food Labels Is a Healthy Habit

The serving size is based on the amount of food most people eat at one time. Similar food products have similar serving sizes to make comparisons easier. The number of servings per container is also listed.

Calories measure how much energy you get from one serving of a particular food. The label also tells you how many calories come from fat.

The food label lists only the nutrients that are considered the most important to most people's health. These nutrients are listed in order of their significance. Generally, people should be more concerned about nutrients that appear near the top of the label than nutrients that appear toward the bottom.

The food label includes vitamin A, vitamin C, calcium, and iron because many people don't get enough of these important nutrients in their diets.

One gram of fat contains more than twice as many calories as one gram of carbohydrate or protein.

Nutrition Facts

Serving Size 1 cup (228g)

Servings Per Container 2

Amount Per Serving

Calories 260 Calories from Fat 120

% Daily Value*

Total Fat 13g 20%

Saturated Fat 5g 25%

Trans Fat 1g

Cholesterol 30mg 10%

Sodium 660mg 28%

Total Carbohydrate 31g 10%

Dietary Fiber 0g 0%

Sugars 5g

Protein 5g

Vitamin A 4% Vitamin C 2%

Calcium 15% Iron 4%

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

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

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

The percent daily value shows how much of the recommended amounts of these nutrients are in one serving. These percentages are based on a 2,000-calorie diet.

Total fat is the total amount of fat in one serving. Limit your consumption of saturated fat, trans fat, and cholesterol. Listing monounsaturated and polyunsaturated fat is optional.

Limit your sodium intake. Too much sodium can contribute to high blood pressure in people who are sensitive to sodium.

Carbohydrates, which include sugar, starches, and fiber, give you energy. Try to get more of your carbohydrates from fiber and fewer from sugar because fiber has many health benefits.

Protein helps build muscle. Lean meats, nuts, eggs, fish, and dry beans are good sources of protein.

This area of the label shows how a food fits into the overall daily diet. The recommended daily limits for total fat, saturated fat, cholesterol, and sodium as well as the recommended daily amounts of carbohydrates and fiber are shown for both a 2,000-calorie diet and a 2,500-calorie diet.