

Reading the Nutrition Facts Label

Always Remember that the numbers on the label are for **ONE** serving, not the whole container.

↑ Weight if too much

↑ Blood Cholesterol

↑ Blood Pressure

↑ Blood Sugar

5% is Low

10% is Medium

20% is High

Nutrition Facts	
Serving Size:	1 cup
Servings per container:	2
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Amount Per Serving	
Total Calories	260
Calories from Fat	50
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%Daily Value	
Total Fat 6g	9%
Saturated Fat 2g	10%
Cholesterol 100mg	33%
Sodium 1340mg	56%
Total Carbohydrate 33g	11%
Dietary Fiber 9g	36%
Sugars 3g	
Protein 16g	
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Vitamin A	4%
Vitamin C	4%
Calcium	15%
Iron	15%

The Percent Daily Value (%DV)

“The % Daily Value makes it easy to know whether a food gives you a lot or a little of a particular nutrient. A high percentage means the food contains a lot of a nutrient. A low percentage means it contains a little. With the new % Daily Value, you don’t have to do any calculations.” –FDA

You can think of %DV like a budget. This means “Sodium, 24% DV” is as if you are given \$100 to spend on sodium for the day and one serving costs you \$24. That is not bad if it is for a whole meal but too much if it is just one food. Check the label—20% DV is high, 5% DV is low. –Sara Lee Thomas, MS, RD