

Reading Nutrition 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 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.

Serving Size

- 1 The recommended serving size for one portion.
- 2 The number of portions contained in the entire package.
- 3 Serving size is listed in cups or pieces followed by grams (g) or milliliters (ml).

Calorie Information

- 4 The number of calories contained in each serving size.

Nutrients

Nutrients that can be useful when considering your specific dietary needs.

- 5 **Nutrients not good in high quantities:**
 - Saturated fat
 - Sodium
 - Added sugar
- 6 **Nutrients good in high quantities:**
 - Dietary fiber
 - Protein
 - Vitamin D
 - Calcium
 - Iron
 - Potassium
 - Other vitamin types per serving (Vitamin A, Vitamin C, etc.)

Percent Daily Value

- 7 **Number of nutrients per serving that contributes to your total daily recommended diet.**

For example, if you see a total fat %DV of 12%, it means that the fat content in one serving of that product is **12% of the total fat you should consume in a day based on a 2,000-calorie diet.**

In general, a %DV of 5 or less is considered low, and a %DV of 20 or more is considered high.