

Food Label 101

Based on information provided by the Dietary Guidelines for Americans

Total number of servings in the entire package

Amount of total energy

Look for foods that are low in saturated or trans fats

Added sugars should be less than 10% of the total calories each day for adults

Higher amounts of protein help to prolong satiety

Look for foods high in fiber to promote the digestive process

Sodium consumption should be less than 2,300mg per day for adults

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	10%
Vitamin D 2mcg	20%
Calcium 260mg	45%
Iron 8mg	6%
Potassium 240mg	

* 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.

INGREDIENTS

☰ Ingredients are listed in order of quantity in the product.

🔍 It is important to analyze the ingredients themselves in a food product. If there is a long list of ingredients that you have never heard of, do some research before purchasing.

📦 Added sugar has many different names, such as corn syrup, brown rice syrup, dextrose, fructose, cane sugar, dextrin, etc. Keep an eye out for these when considering a product.

DAILY VALUE

🔢 kcal Daily value is designed to help consumers plan a healthy diet. It is based upon the estimated amount of a nutrient (or calories) needed to maintain good health (RDA).

↓ A nutrient labeled < 5% per serving would be considered low in that nutrient.

↑ A nutrient labeled > 20% per serving would be considered high in that nutrient.

♥ To maintain a healthy diet, look for items that have a low percentage in added sugars, sodium, and trans and saturated fat.

👉 It can be helpful to choose foods that are considered high in fiber, Vitamin D, Calcium, and Iron.