



Healthy You for Life

Reading Nutrition Facts on Food Labels

Most foods in the store have a nutritional label. Understanding the label can make it easier for you to maintain a healthy diet and make nutritional choices.

| 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.

- 1 Servings per container:**
The first place to start when you look at the Nutrition Facts label is the servings per container. This lets you know how many servings are in the package. This number is very important and must be taken into account whenever you buy something that contains more than one serving. Be sure to multiply the amount in one serving by the number of servings you plan to eat.
- 2 Serving size:**
The information on the label is based on one serving.
- 3 Calories:**
This is the amount of calories in one serving. A calorie is a measure of the fuel you get from the food you eat.
- 4 Fats, cholesterol and sodium:**
Eating too much fat, saturated fat, trans fat, cholesterol or sodium may increase your risk of certain chronic diseases, like heart disease, some cancers or high blood pressure. Choose foods with low values in this category.
- 5 Sugar and added sugars:**
Some foods naturally contain sugar while other foods have sugar added during processing. Comparing “Added Sugars” with “Total Sugars” helps you understand how much sugar has been added to a product. Eating too much sugar, especially added sugar, is not good for you and makes it difficult to get the required dietary fiber, vitamins and minerals you need each day and be able to stay within calorie limits.
- 6 Fiber, vitamins and other nutrients:**
Eating enough of these nutrients can improve your health and help reduce the risk of some diseases and conditions. Choose foods with higher values in this category.

This information is of a general nature and is not intended to serve as a substitute for the advice of a physician, registered dietitian or other qualified healthcare provider.

For more information about eating a healthy diet visit CHKD.org/HealthyYou.



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