

Understanding Nutrition Facts Labels

Nutrition Facts	
Serving Size 1 cup (228g)	
Servings Per Container 2	
Amount Per Serving	
Calories 250	Calories from Fat 110
	% Daily Value*
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 3g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
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

1. Start with **Serving Size** and **Servings Per Container** because the rest of the label is based on this information. Measure foods to determine how many servings you are consuming.
2. If you are watching your weight, look at **Calories** first. For individuals trying to maintain or lose weight, meals should be between 500 – 700 Calories (depending on height, weight, physical activity, and gender) and snacks should be no more than 200 -300 Calories.
3. When counting carbohydrates use the **Total Carbohydrate** grams (NOT Sugars) and the **Serving Size** to determine how many grams of carbohydrate you are eating.
4. Look for foods that are **Low in Total Fat, Saturated Fat, Trans Fat, Cholesterol, and Sodium.**
5. Look for foods that are **High in Fiber, Vitamin A, Vitamin C, Calcium, and Iron.** (Look for breads that contain 3g of fiber or more per serving and cereals that