Quick Tips for Reading the Nutrition Facts Label

Healthy cooking and eating start at the grocery store. Bring this Tip Card with you when food shopping to help you make nutritious choices. To create your Tip Card:

1. Use a pair of scissors to cut along the dotted lines.
2. Fold along the center line.
3. Keep the Tip Card in your wallet or purse.

The Nutrition Facts Label Tip Card

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Check the serving size when comparing calories and nutrients in different food products. The nutrition information listed on the Nutrition Facts label is based on the serving size listed on the label.

Consider the calories. 2,000 calories a day is used as a general guide for nutrition advice. Your calorie needs may be higher or lower and vary depending on your age, sex, and physical activity level. You can find your personal daily calorie needs at https://www.fda.gov/downloads/Food/LabelingNutrition/UCM606203.pdf

Use Percent Daily Value (%DV) as a guide. The %DV shows how much a nutrient in a serving of the food contributes to a total daily diet. As a general guide: 5% DV or less of a nutrient per serving is considered low and 20% DV or more of a nutrient per serving is considered high.

Nutrients to get less of include: saturated fat, *trans* fat, sodium, and added sugars.

Nutrients to get more of include: dietary fiber, vitamin D, calcium, iron, and potassium.

Keep the Tip Card in your wallet or purse

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.