

Calories: What's in a Number?

Nutrition Facts Label

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 240mg	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.

What Are Calories?

Calories refers to the total number of calories, or “energy” you get from all sources (carbohydrate, fat, protein, and alcohol) in a serving of a food or beverage.

Calories Go Big

Calories are displayed in large and bold font on the Nutrition Facts label to make the information easier to find and use.

Make Calories Work For You

To achieve or maintain a healthy body weight, balance the number of calories you eat and drink with the number of calories your body uses. 2,000 calories a day is used as a general guide for nutrition advice, but your calorie needs may be higher or lower depending on your age, sex, height, weight, and physical activity level. **Eating too many calories per day is linked to overweight and obesity. Find out how many calories you need at <https://www.myplate.gov/myplate-plan>.**

**Nutrition
Facts Label**

What's in it for you?



Size Matters

Serving sizes on the Nutrition Facts label reflect the amount people typically eat and drink. **It is not a recommendation of how much to eat.** The nutrition information listed on the Nutrition Facts label is usually based on one serving of the food; however, some containers may also have information displayed per package.

You may want to pay attention to the serving size, especially how many servings there are in the container, so you know the amount of calories and nutrients you are consuming. One package of food may contain more than one serving, so, **if you eat two servings you would be getting two times the calories shown on the label.**

For example, if you ate one serving of the food shown on the label on the right, you would be eating **220** calories. And two servings would be **440** calories.

Nutrition Facts			
2 servings per container			
Serving size		1 cup (255g)	
	Per serving	Per container	
Calories	220	440	
	% DV*	% DV*	
Total Fat	5g 6%	10g	13%
Saturated Fat	2g 10%	4g	20%
<i>Trans Fat</i>	0g	0g	
Cholesterol	15mg 5%	30mg	10%
Sodium	240mg 10%	480mg	21%
Total Carb.	35g 13%	70g	25%
Dietary Fiber	6g 21%	12g	43%
Total Sugars	7g	14g	
Incl. Added Sugars	4g 8%	8g	16%
Protein	9g	18g	
Vitamin D	5mcg 25%	10mcg	50%
Calcium	200mg 15%	400mg	30%
Iron	1mg 6%	2mg	10%
Potassium	470mg 10%	940mg	20%

* 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.



TIP

The terms “fat-free” and “no added sugars” do not mean “calorie-free.” These food items may have as many calories as the regular versions, or more. Always check the Nutrition Facts labels and compare the calories and nutrients in the different versions.

Learn more about the Nutrition Facts label at: www.FDA.gov/NutritionFactsLabel