The Nutrition Facts Label
Look for It and Use It!

Information you need to make healthy choices throughout your day

Found on food and beverage packages

Use it to compare and choose foods!

Check the serving size and servings per container. The nutrition information listed on the Nutrition Facts label is usually based on one serving of the food.

Packages can—and often do—contain more than one serving! If you eat multiple servings, you’re getting “multiples” on calories and nutrients, too.

2 SERVINGS = CALORIES & NUTRIENTS X 2

Calories from food provide the energy your body needs to function and grow. Balance the number of calories you eat and drink with the number of calories you burn during physical activity. Curious about calorie needs? Check out www.choosemyplate.gov/MyPlatePlan.

Calories
240

Amount per serving

Serving size 1 1/2 cup (208g)

Use %DV

% Daily Value (%DV) is the percentage of the Daily Value (reference amounts of nutrients to consume or not to exceed each day for adults and children 4 years of age and older) and shows how much a nutrient in a serving of the food contributes to a total daily diet. Use %DV to see how a food’s nutrients stack up and choose foods that are higher in nutrients to get more of and lower in nutrients to get less of.

TIP: 5% DV or less per serving is low and 20% DV or more per serving is high

Choose Nutrients Wisely

Nutrients To Get More Of

Compare and choose foods to get 100% DV of these on most days:

• Dietary Fiber
• Vitamin D
• Calcium
• Iron
• Potassium

Nutrients To Get Less Of

Compare and choose foods to get less than 100% DV of these each day:

• Saturated Fat
• Sodium
• Added Sugars
• Trans Fat (Note: Trans fat has no %DV, so use grams as a guide)

Eat a variety of foods to get the nutrients your body needs, including:

• Fruits and vegetables
• Whole grains
• Dairy products
• Lean meats and poultry
• Beans and peas
• Soy products
• Unsalted nuts and seeds

TIP: 100 calories per serving of an individual food is considered a moderate amount and 400 calories or more per serving of an individual food is considered high in calories.

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Size up Servings

Consider the Calories

2 SERVINGS = CALORIES & NUTRIENTS X 2

Nutrition Facts

4 servings per container

Serving size 1 1/2 cup (208g)

Calories 240

Amount per serving

Total Fat 4g
Saturated Fat 1.5g
Trans Fat 0g
Cholesterol 5mg
Sodium 430mg
Total Carbohydrate 46g
Dietary Fiber 7g
Total Sugars 4g
Includes 2g Added Sugars
Protein 11g

Vitamin D 2mcg
Calcium 260mg
Iron 6mg
Potassium 240mg

% Daily Value (%DV)

5%
8%
2%
19%
17%
25%
4%
10%
20%
35%
6%

The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a total daily diet. 2,000 calories a day is used for general nutrition advice.

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www.fda.gov/nutritioneducation

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