

Reading Food Nutrition Labels

Here are some tips for making the most of the information on the Nutrition Facts label:

Nutrition Facts	
Serving Size 1 slice (47g) Servings Per Container 6	
Amount Per Serving	
Calories 160	Calories from Fat 90
	% Daily Value*
Total Fat 10g	15%
Saturated Fat 2.5g	11%
Trans Fat 2g	
Cholesterol 0mg	0%
Sodium 300mg	12%
Total Carb 15g	5%
Dietary Fiber less than 1g	3%
Sugars 1g	
Protein 3g	
Vitamin A 0%	Vitamin C 4%
Calcium 45%	Iron 6%
Thiamin 8%	Riboflavin 6%
Niacin 6%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	

Start here — Serving Size 1 slice (47g) and Servings Per Container 6.

Check the total calories per serving — Total Calories 160, Calories from Fat 90.

Limit these nutrients — Total Fat 10g, Saturated Fat 2.5g, Trans Fat 2g, Cholesterol 0mg, Sodium 300mg, Total Carb 15g.

Get enough of these nutrients — Dietary Fiber less than 1g, Protein 3g, Vitamin A 0%, Vitamin C 4%, Calcium 45%, Iron 6%, Thiamin 8%, Riboflavin 6%, Niacin 6%.

Quick Guide to % Daily Value:
5% or less is low
20% or more is high

Start here. Note the size of a single serving and how many servings are in the package.

Check total calories per serving. Look at the serving size - if you double the servings you eat, you double the calories and nutrients, including the Percent Daily Value (% DV).

Limit these nutrients. Limit your total fat to no more than 56–78 grams a day — including no more than 16 grams of saturated fat, less than two grams of trans fat, and less than 300 mg cholesterol (for a 2,000 calorie diet).

Get enough of these nutrients. Make sure you get 100 percent of the fiber, vitamins and nutrients.

Quick guide to % DV. The % DV section tells you the percent of each nutrient in a single serving, in terms of the daily recommended amount. Remember that the information shown in these panels is based on 2,000 calories a day. In general, as you think about the amount of calories in a food per serving, remember that for a 2,000-calorie diet:

- 40 calories per serving is considered low;
- 100 calories per serving is considered moderate; and
- 400 calories or more per serving is considered high.