

Reading a Food Label

Grocery shopping does not have to be stressful. Nutrition Facts labels can help you compare foods at the store and select the best products for you and your family.

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.

*image courtesy of FDA

Pay attention to the serving size. The information on the label is for each serving and NOT the entire package.

What does this mean?

If you plan to eat two servings, make sure to double the amount of carbohydrates, calories, and other substances when calculating your intake.

Limit these nutrients.

Eating too much of these nutrients may lead to high cholesterol and heart problems.

To help lower your cholesterol, adopt the Therapeutic Lifestyle Changes (TLC) diet.

The TLC diet recommends choosing a variety of nutritious and tasty foods:

- Fruits
- Vegetables
- Whole grains
- Low-fat or nonfat dairy products
- Fish, poultry without the skin
- Moderate amounts of lean meats

Quick Tip:

Aim for less than 7 percent of calories from saturated fat.

Aim for less than 200 mg of dietary cholesterol per day.

% Daily Value

These percentages tell you what percentage of each nutrient the food will provide if you are on a 2,000-calorie per day diet.

Rule of Thumb

More than 20 percent is high and less than 5 percent is low.

Get more of these nutrients.

Vitamins A and C, calcium, iron, and potassium (not-listed)