

Understanding the “Nutrition Facts” Label



Make healthier choices by learning how to read and understand food labels.

- 1. Check Serving Size:** Recommended serving size for the food and how many servings are in the container or package.
- 2. Check Calories:** Checking calories can help when you’re trying to lose, gain, or maintain weight. Based on the General Guide to Calories and a 2,000-calorie diet, 40 calories is low, 100 calories is moderate, and 400 calories or more is high.
- 3. Limit These Nutrients:** Eating too much fat, saturated fat, trans fat, cholesterol, or sodium may increase risk of chronic conditions such as heart disease, high blood pressure, and some cancers. Keep as low as possible for a nutritionally balanced diet. Keep saturated fat less than 7% of calories. For cholesterol, 200 mg or less each day is recommended. Sodium should be less than 2,300 mg (approximately 1 teaspoon of salt) a day according to The Dietary Guidelines for Americans. For people with high blood pressure, the recommendation drops to no more than 1,500 mg of sodium per day.
- 4. Get Enough of These:** Eating enough dietary fiber, and vitamins A and C, calcium, and iron can help improve health and reduce the risk of some health conditions. The label shows how much of these nutrients are in the food you eat. If you are counting carbs, look at the total carbohydrate content. Total Carbohydrate includes sugar, complex carbohydrates, and fiber. For people with diabetes, starches, vegetables, fruits, and dairy products will raise blood glucose more quickly than meats and fats, but they are the more nutritious foods. Some adjustments may be needed when eating more carbohydrates, so consult your health care professional.
- 5. Footnote and quick guide to % Daily Value:** Footnotes are found only on larger food packages and does not change from product to product. It shows the recommended dietary information nutrients based on 2,000- and 2,500-calorie diets. The % Daily Value (DV) tells you the percentage of each nutrient in a single serving, in terms of the daily recommended amount. As a guide, if you want to consume less of a nutrient (such as saturated fat or sodium), choose foods with a lower % DV — 5 percent or less. If you want to consume more of a nutrient (such as fiber), seek foods with a higher % DV — 20 percent or more.

Nutrition Facts				
1	Serving Size 3 oz. (85g)			
2	Amount Per Serving	As Served		
	Calories 38	Calories from Fat 0		
		% Daily Value		
	Total Fat 0g	0%		
	Saturated Fat 0g	0%		
3	Cholesterol 0g	0%		
	Sodium 0g	2%		
	Total Carbohydrate 0g	3%		
	Dietary Fiber 0g	8%		
4	Sugars 0g			
	Protein 0g			
	Vitamin A 270%	Vitamin C 10%		
	Calcium 2%	Iron 0%		
5	Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
		Calories	2,000	2,500
	Total Fat	Less than	65g	80g
	Sat Fat	Less than	20g	80g
	Cholesterol	Less than	300mg	300mg
	Sodium	Less than	2,400mg	2,400mg
	Total Carbohydrate		300g	375g
	Dietary Fiber		25g	30g

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SOURCES:

<https://www.merckengage.com/eating/cooking-smarter/how-to-read-nutrition-facts-labels#>

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