



## The Basics of the Nutrition Fact Label

**Serving Size.** Look here first for both the serving size and the number of servings in the package.

**Total Calories.** Find out how many calories are in a single serving. Compare your portion size (the amount you actually eat) to the serving size listed. If the serving size is one cup and you eat two cups, you are getting twice the calories, fat and other nutrients listed on the label.

**Percent Daily Values.** Use percent Daily Values (DV) to help evaluate how a particular food fits into your daily meal plan. Percent DV are for the entire day (based on 2,000 calories a day), not just one meal or snack. A food item with a 5 percent DV of fat provides 5 percent of the total fat that a person consuming 2,000 calories a day should eat.

**High and Low of Daily Values.** 5% is low, 20% is high. Aim low in saturated fat, trans fat, cholesterol, sodium and added sugars. Aim high in vitamins, minerals and fiber.

### Know about additional nutrients on the Nutrition Facts Label.

- ✓ **Protein.** A percent DV for protein is not required on the label. Eat moderate portions of lean meat, poultry, fish, eggs, low-fat milk, yogurt and cheese, plus beans and peas, peanut butter, seeds and soy products.
- ✓ **Carbohydrates.** There are three types of carbohydrates: sugars, starches and fiber. Eat whole-grain breads, cereals, rice and pasta plus fruits and vegetables.
- ✓ **Sugars.** Simple carbohydrates, or sugars, occur naturally in foods such as fruit juice (fructose) and milk (lactose) or come from refined sources such as table sugar (sucrose) or corn syrup. Added sugars must be included on the Nutrition Facts Label in 2018. The 2015-2020 Dietary Guidelines for Americans recommends consuming no more than 10 percent of daily calories from added sugars.

**Ingredient List.** Ingredients are listed in descending order by weight. Those in the largest amounts are listed first.

**Take Charge. Live Well!**

*Source: "The Basics of the Nutrition Facts Label." [www.eatright.org](http://www.eatright.org). 09 Mar. 2017.*