

# NUTRITION FACTS LABEL

Knowing how to read and understand the nutrition facts label is important because it allows you to be aware of what you are consuming and how it may affect your health. Not only is it good practice to look at the nutrition labels at the grocery store, but it is good to look up the nutritional information when you are eating out. Most restaurants will have this information accessible on their website. See below for a quick overview of the nutrition label and some key guidelines to remember.

## Serving Size

This is the first area you should look at on the label. This will determine how many calories and nutrients you are getting based on your portion size, and informs you on how many servings there are in the entire container. Please note, the serving size is not a recommendation of how much you should consume.

## Calories

This section allows you to easily see how many calories there are in A single serving. Be mindful, if something is higher in calories it does not necessarily mean it is unhealthy. To determine this, you need to take a closer look at the nutrients to see where the calories are coming from. This will tell you if the item is nutrient dense or contains a lot of empty calories.

## Nutrients

You will find the same nutrients listed here on each nutrition label. Try to limit nutrient intake of Sodium, Added Sugars, and Saturated Fats, while avoiding Trans Fat altogether. Try to increase nutrient intake of Dietary Fiber, Vitamin D, Calcium, Iron, and Potassium.

## Daily Value

This shows the percentage of the Daily Value for each nutrient in a single serving. It can tell you if a serving is high or low in a nutrient and whether a serving contributes a lot, or a little, to your daily diet. Remember the "5/20" rule, if a nutrient has 5% or less it is low, and if it has 20% or more it is high.

\* Lastly, the daily value percentages are generally calculated based on a 2,000 calorie diet.

Nutrition Facts	
8 servings per container	
Serving size 2/3 cup (55g)	
Amount per serving	
<b>Calories 230</b>	
	% Daily Value*
<b>Total Fat</b> 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 160mg	7%
<b>Total Carbohydrate</b> 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
<b>Protein</b> 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.

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Looking for additional information or have questions, contact  
Kevin Paulus - HealthWise Program Manager

✉ healthwise@crownc.com

☎ 419-629-2220 ext. 12302