

READ THE LABEL

Get all the info you need in just 3 easy steps!

Assess the caloric impact: To do this, focus on the serving size, the calories per serving, and the servings per container. All of these are highlighted in maroon on the sample label pictured here.

How many servings are in the whole container? Is the food calorie-dense?

Evaluate whether the food promotes heart health: Look at the elements on the label that are highlighted in mint green. For best health, these numbers should be as low as possible.

How much trans fat does the food contain? How about cholesterol? Sodium?

Weigh the nutrient content: The items highlighted in yellow on this page are the nutritious elements of the food. If the food is high in nutrients, it's usually better for your health. When evaluating food labels, know that generally 5% or less of the daily value (DV) is low, while 20% or more of the DV is high.

A note about added sugars: Added sugars are sources of empty calories that don't provide any nutritional value. They're different than natural sugars, which are part of the food's complete nutrient package. For best health, choose foods that are low in added sugars.

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.