

3 Steps to Reading A Food Label

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%

1.
Calories

2.
Heart

3.
Nutrient
Value

* 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.



1.
Calories

Take a look at the **calories** listed on the label. Look at the **serving size** and the **number of servings per package**. A package might look like one serving but actually consist of two or more servings. Portion control can help you control your weight over time.

2.
Heart

Assess a food to see how it impacts the health of your heart. **Saturated fat, trans fat, and sodium are the main concerns in packaged food today**. Reading labels helps you compare several products and make the best choice for your heart.

3.
Nutrient
Value

Is the **food nutritionally valuable**? Does it contain valuable nutrients and is it a good source of fiber? The new food label will show added sugars in addition to total sugars which include naturally occurring sugar in foods. The Dietary Guidelines for Americans suggests that no more than 10% of your calories should come from added sugars. This amounts to a suggested limit of 50 grams per day for most people.