

# Learning to Read Nutrition Fact labels

Nutrition labels are found on almost every food we buy, but they can be tricky to understand. By understanding what the label means, we can more easily choose healthier foods for ourselves and our families.

## Start Here

Check Serving Size

Check Calories

Limit These Nutrients

Get Enough of These Nutrients

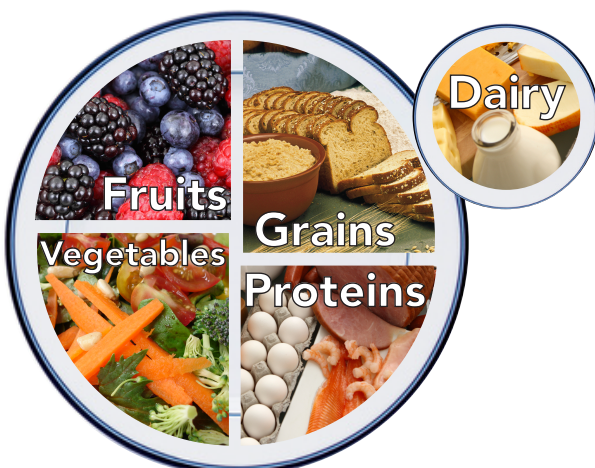
Nutrition Facts			
Serving Size 1/2 cup (114g)			
Servings Per Container 4			
Amount Per Serving			
<b>Calories 90</b>	<b>Calories from Fat 30</b>		
	<b>% Daily Value*</b>		
Total Fat 3g	5%		
Saturated Fat 0g	0%		
Cholesterol 0mg	0%		
Sodium 300mg	13%		
Total Carbohydrate 13g	4%		
Dietary Fiber 3g	12%		
Sugars 3g			
Protein 3g			
Vitamin A 270%	Vitamin C 10%		
Calcium 2%	Iron 4%		
*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

## Quick Guide to % Daily Value

5% or less is low  
20% or more is high

## Footnotes

When you are in the grocery store, **compare** food labels to see which product is better. Look for foods with **more fiber and vitamins** and **less fat, sodium and sugars**.



A **portion** is the amount of food that you chose to eat (big or small).

A **serving** is a measured amount of food, like 1/2 cup of milk or one slice of bread.

**Many foods come as one portion, but actually contain several servings.**