

Food Label Basics

Reading food labels is easier than you think. Knowing how helps you make smart choices. Watch these areas:

- **Serving size.** Learn what makes an individual serving and how many are in each package. Think about the number of servings you're likely to eat at once.
- **Calories.** How many calories are in each serving you eat or drink? Choose foods with a lower percentage of calories that come from fat.
- **Nutrients.** Look for healthy nutrients like potassium, iron, calcium and vitamins A and C. Be aware of foods high in saturated fat, sodium and added sugars.
- **Percentage of daily value.** Check this on each line of the things you eat and drink. Note how much they contribute toward your body's daily needs.

Nutrition Facts	
4 servings per container	
Serving size	1 cup (227g)
Amount per serving	
Calories	280
	% Daily Value*
Total Fat 9g	12%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 850mg	37%
Total Carbohydrate 34g	12%
Dietary Fiber 4g	14%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 15g	
Vitamin D 0mcg	0%
Calcium 320mg	25%
Iron 1.6mg	8%
Potassium 510mg	10%

*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.



Compare calories and nutrients of different brands when you shop.

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