

Understand a Food Label

...and make better choices for your health

1 Count Calories

- Look at the serving size, the number of servings, and the number of calories per serving.

2 Check these for heart health

- Choose foods that are lower in saturated fat and sodium.
- Keep trans fat to 0.

3 Is it nutritionally valuable?

- Select foods that are nutrient dense and a good source of fiber.

Tip...

Consider how added sugars fit your daily budget.

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.