

## Food Label Savvy

Understanding the ingredients and nutrients in food is the first step to a healthful diet. Aim to eat natural foods that are low in calories and fat and high in fiber, vitamins, and minerals. Here are the basics of reading food labels:

### Start here

**Start here:** This section tells how large a serving size is and how many servings in the entire container.

### Limit these

**Limit these:** These particular nutrients have a lot of calories and in excess can be unhealthy. Some is good, but not too much.

### Get enough of these

**Get enough of these:** These vitamins and minerals are some of the essentials we need every day. Choose foods with high % Daily Value percentages.

## Nutrition Facts

Serving Size 1 cup (228g)  
Servings Per Container 2

### Amount Per Serving

**Calories** 250      Calories from Fat 110

### % Daily Value\*

**Total Fat** 12g      18%

Saturated Fat 3g      15%

Trans Fat 3g

**Cholesterol** 30mg      10%

**Sodium** 470mg      20%

**Total Carbohydrate** 31g      10%

Dietary Fiber 0g      0%

Sugars 5g

**Protein** 5g

Vitamin A      4%

Vitamin C      2%

Calcium      20%

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	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

### Check Calories

**Check Calories:** The number of calories per serving and how many are from fat.

### Quick guide to % DV

**Quick guide to % DV:** DV stands for Daily Value. This helps you know how much of the nutrient you are getting compared to how much you need for the day. **5% or less is low, while 20% or more is high.**

### Footnote:

**Footnote:** This section tells the allotted fat, cholesterol, sodium carbohydrate, and fiber for a 2,000 calorie diet and a 2,500 calorie diet. Most adult women need approximately 2,000 calories per day.