

Understanding A Nutrition Label



Scan the QR code with your phone's camera to learn more!

Serving Information – Serving size indicates the amount that people typically eat or drink, it is not a recommendation. It is important to note that some packages seem to contain a single portion but may contain what they consider to be more than one serving.

Calories Per Serving - Knowing how many calories are in a serving can help keep you within your calorie goals for meals & snacks. Remember that the number of servings you consume determines the number of calories that you actually eat.

Nutrients – This section shows key nutrients that impact your health.

Saturated Fat is a nutrient we want to limit. Common food sources are animal products like meat, butter, & dairy. Aim for less than 5 grams per meal.

Sodium can cause high blood pressure when eating or drinking more than 2,300 milligrams a day. Aim for 550 mg or less per meal and 300 mg or less for snacks.

Total Carbohydrates on the label is the number of grams of all types of carbs per serving. This includes starches, dietary fiber, natural, and added sugars, and sugar alcohols. Be mindful of added sugars.

Dietary Fiber regulates your digestive system, helps control blood sugar, and helps you feel fuller longer. Aim for 5 to 10 grams of fiber per meal and at least 3 grams in snacks.

Nutrition Facts

1 servings per container

Serving Size 8 fl oz (213 g)

Amount per serving

Calories 250

% Daily Value *

Total Fat 9g 12%

Saturated Fat 2g 9%

Trans Fat 0g

Cholesterol less than 5 mgmg 0%

Sodium 80mg 4%

Total Carbohydrate 37g 13%

Dietary Fiber 5g 16%

Total Sugars 20g

Includes 0g Added Sugars 0%

Protein 7g 14%

Vitamin D 0.73mcg 4%

Calcium 80mg 6%

Iron 0.37mg 2%

Potassium 600mg 12%

*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.

The % Daily Value (%DV) Daily Values are reference amounts of nutrients that you either want to consume more of or that you want to limit. Generally speaking:

- **5% or less** is considered **low**
 - Choose foods that are lower in saturated fat, sodium, & added sugars
- **20% or more** is considered **high**
 - Choose foods that are higher in dietary fiber, vitamin D, calcium, iron, & potassium