SHOP SMART **EAT SMART**



How to read a Nutrition Facts Label

1. SERVING INFORMATION

When looking at the Nutrition Facts label, first look at the number of servings in the package (servings per container) and the serving size.

It's important to realize that all the nutrient amounts shown on the label, including the number of calories, refer to a single serving.

2. CALORIES

Calories provide a measure of how much energy you get from a serving of this food.

For example, there are 370 calories in one serving of lasagna. What if you ate the entire package? Then, you would consume 8 servings, or 2,960 calories.

3. PERCENT DAILY VALUE (%)

The % Daily Value tells you how much nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

The % DV can tell you if a serving of food contributes a lot, or a little, to your daily diet for each nutrient.

More often, choose foods that are:

Higher in %DV

Lower in %DV

General Guide to %DV <5% DV = Low

• Dietary fiber

>20% DV = High

Saturated Fat

• Vitamin D Calcium

Sodium

Iron

Added Sugars

Potassium

Example: Sodium

6%

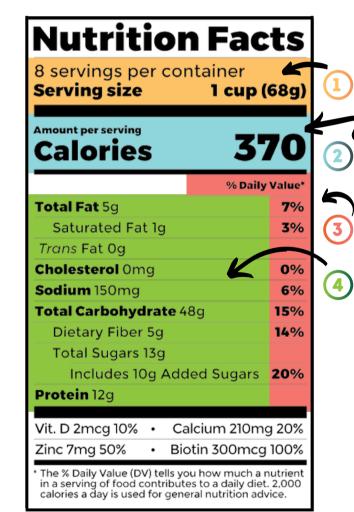
1 Serving=150mg (6%)

94% DV Remaining

12%

2 Serving=300mg (12%)

88% DV Remaining



4. NUTRIENTS

Look for foods that contain more of the beneficial nutrients and less of the nutrients you may want to limit, such as saturated fat, sodium, and added sugars.