

How to Read a Nutrition Label

The serving information tells you the serving size and how many are in the package. The serving size how much people typically eat, not a recommendation. The information below is for the serving size listed.

1. Serving Information →

2. Calories →

Calories are units of energy. Most people do not need more than 2000 calories per day.

3. Nutrients →

This is how you find the nutritional value.

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.	

4. Quick Guide to percent Daily Value (%DV)

- 5% or less is **low**
- 20% or more is **high**

The %DV is based on a 2,000 calorie diet. Checking the %DV can prevent you from consuming too much fat, salt, or sugars.

- Try to eat foods with less saturated or trans fat, sodium, and sugars
- Try to eat foods with more vitamin D, iron, calcium, potassium, and dietary fiber
- Try to eat less than 20 g of saturated fats and at least 28 g of dietary fiber
- Check for added sugars in fat-free foods

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