

Reading Nutrition Labels:

Start here. Note the size of a single serving and how many servings are in the package.

Check total calories per serving. Look at the serving size and how many servings you're really consuming. If you double the servings you eat, you double the calories and nutrients, including the Percent Daily Value (% DV).

Limit these nutrients. Remember, you need to limit your total fat to no more than 56–78 grams a day — including no more than 16 grams of saturated fat, less than two grams of trans fat, and less than 300 mg cholesterol (for a 2,000 calorie diet).

Get enough of these nutrients. Make sure you get 100 percent of the fiber, vitamins and other nutrients you need every day.

Quick guide to % DV. The % DV section tells you the percent of each nutrient in a single serving, in terms of the daily recommended amount. As a guide, if you want to consume less of a nutrient (such as saturated fat, cholesterol or sodium), choose foods with a lower % DV — 5 percent or less is low. If you want to consume more of a nutrient (such as fiber), seek foods with a higher % DV — 20 percent or more is high.

Nutrition Facts	
Serving Size 1 slice (47g) Servings Per Container 6	
Amount Per Serving	
Calories 100	Calories from Fat 90
% Daily Value*	
Total Fat 10g	15%
Saturated Fat 2.5g	11%
Trans Fat 2g	
Cholesterol 0mg	0%
Sodium 300mg	12%
Total Carb 15g	5%
Dietary Fiber less than 1g	3%
Sugars 1g	
Protein 3g	
Vitamin A 0%	Vitamin C 4%
Calcium 45%	Iron 6%
Thiamin 8%	Riboflavin 8%
Niacin 8%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Start here

Check the total calories per serving

Limit these nutrients

Get enough of these nutrients

Quick Guide to % Daily Value:
5% or less is low
20% or more is high

More tips for getting as much health information as possible from the nutrition label:

- Remember that the information shown in these panels is based on 2,000 calories a day. You may need to consume less or more than 2,000 calories depending upon your age, gender, activity level, and whether you're trying to lose, gain or maintain your weight.
- In general, as you think about the amount of calories in a food per serving, remember that for a 2,000-calorie diet:
 - 40 calories per serving is considered low;
 - 100 calories per serving is considered moderate; and
 - 400 calories or more per serving is considered high.
- There is no % DV shown for *trans* fat on the panel because the U.S. Food and Drug Administration (FDA) does not have enough scientific information to set this value. We recommend eating less than 20 calories or (less than two grams of *trans* fat) a day – that's less than 1 percent of your total daily calories (for a 2,000-calorie-a-day diet).
- When the Nutrition label says a food contains "0 g" of *trans* fat, but includes "partially hydrogenated oil" in the ingredient list, it means the food contains *trans* fat, but less than 0.5 grams of *trans* fat per serving. So, if you eat more than one serving, you could quickly reach your daily limit of *trans* fat.

Information modified from www.usda.gov

Understanding Nutrition Labels:

If a label says:	It means that one serving of the product contains:
------------------	--

Calorie free	Less than 5 calories
Sugar free	Less than 0.5 grams of sugar

Fat

Fat free	Less than 0.5 grams of fat
Low fat	3 grams of fat or less
Reduced fat	At least 25 percent less fat than the regular product
Low saturated fat	1 gram of saturated fat or less, with not more than 15 percent of the calories coming from saturated fat
Lean	Less than 10 grams of fat, 4.5 grams of saturated fat and 95 milligrams of cholesterol
Extra lean	Less than 5 grams of fat, 2 grams of saturated fat and 95 milligrams of cholesterol
Light	At least one-third fewer calories or no more than half the fat of the regular product, or no more than half the sodium of the regular product

Cholesterol

Cholesterol free	Less than 2 milligrams of cholesterol and 2 grams (or less) of saturated fat
Low cholesterol	20 or fewer milligrams of cholesterol and 2 grams or less of saturated fat
Reduced cholesterol	At least 25 percent less cholesterol than the regular product and 2 grams or less of saturated fat

Sodium

Sodium free	Less than 5 milligrams of sodium and no sodium chloride in ingredients
Very low sodium	35 milligrams or less of sodium
Low sodium	140 milligrams or less of sodium
Reduced sodium	At least 25 percent less sodium than the regular product

Fiber

High fiber	5 grams or more of fiber
Good source of fiber	2.5 to 4.9 grams of fiber