

How to Use the Nutrition Facts Label

Nutrition Facts	
4 servings per container	
Serving size 1 1/2 cup (208g)	
Amount per serving	
Calories	240
% Daily Value*	
Total Fat 4g	5%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 430mg	19%
Total Carbohydrate 46g	17%
Dietary Fiber 7g	25%
Total Sugars 4g	
*Includes 2g Added Sugars	4%
Protein 11g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 6mg	35%
Potassium 240mg	6%

Servings Per Container →

← Serving Size

Calories →

← % Daily Value (%DV)



These nutrients should generally be consumed in lower quantities



These are essential nutrients to look for on food labels

Daily Values for Key Nutrients*

Saturated fat = **less than 20g** per day

Sodium = **less than 2,300mg** per day

Fiber = **28g** per day

Added sugar = **less than 50g** per day

Vitamin D = **20mcg** per day

Calcium = **1,300mg** per day

Potassium = **4,700mg** per day

* 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.

*These values are based upon a 2,000 calorie diet. Always consult your doctor for individual recommendations and before making major changes to your diet and/or supplement routine.

Definitions:

Serving size is an estimation of how much of this food is usually consumed at one time; it is not necessarily a recommendation of how much to eat. All of the nutrition facts on the label are based upon this quantity of food.

Servings per container refers to how many servings are in the product.

Daily Value (DV) refers to the amount of a particular nutrient that is recommended per day. **% DV** refers to how much one serving of the food will contribute towards your DV.

As a general guide:



5% DV or less of a nutrient per serving is considered low



20% DV or more of a nutrient per serving is considered high

Calories on a nutrition label refers to number of calories per one serving.

For more nutrition tips & healthy recipes, visit
SLOFoodBank.org/nutrition