How to Use the Nutrition Facts Label

**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.

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

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**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

*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.

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**Servings Per Container**

- **Calories**

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**Serving Size**

- **% Daily Value (%DV)**

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*These nutrients should generally be consumed in lower quantities

*These are essential nutrients to look for on food labels

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**References:** [FDA.gov/food](https://FDA.gov/food)

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