

The Anatomy of Nutrition Labels

When you are shopping at the grocery store, take time to read the nutrition labels on the food you typically buy. Here's a short guide to help you understand what ever

Nutrition Facts			
Serving Size 1 cup (228g)			
Servings Per Container 2			
Amount Per Serving			
Calories 250		Calories from Fat 110	
		% Daily Value*	
Total Fat 12g		18%	
Saturated Fat 3g		15%	
Trans Fat 3g			
Cholesterol 30mg		10%	
Sodium 470mg		20%	
Total Carbohydrate 31g		10%	
Dietary Fiber 0g		0%	
Sugars 5g			
Protein 5g			
Vitamin A		4%	
Vitamin C		2%	
Calcium		20%	
Iron		4%	
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Check calories.

Limit these nutrients.

Get enough of these nutrients!

Pay attention to the serving size, especially how many servings there are in the food package.

Quick Guide to % DV:

- 5% or less is LOW
- 20% or more is HIGH

Footnote that tells you "%DVs are based on a 2,000 diet".

Sample label of Macaroni & Cheese