

# Using the Nutrition Facts Label

Look for the **Nutrition Facts** label on food and beverage packages. Once you spot it, you'll find a wealth of information to make **healthy food choices**.

Using the Nutrition Facts label is as easy as 1-2-3!

**1**

## Size up Servings

The information listed on the Nutrition Facts label is usually based on one serving of the food. **Pay attention to the serving size and the number of servings you eat** or drink to discover the total number of calories and nutrients you are consuming.

If you eat or drink two servings of the food or beverage, you are getting double the calories and nutrients that are listed on the label. And keep in mind, packages can—and often do—contain more than one serving!

**2**

## Consider the Calories

Calories from food provide the energy your body needs to function and grow. When you are active, you “burn” calories. **To keep your body healthy, balance the number of calories you eat and drink with the number of calories your body uses.**

Everyone’s calorie needs are different and depend on age, sex, height, weight, and physical activity level. Curious about calorie needs? Check out [www.choosemyplate.gov/MyPlatePlan](http://www.choosemyplate.gov/MyPlatePlan).

**TIP**

- **100 calories** per serving of an individual food is considered a **moderate** amount
- **400 calories** or more per serving of an individual food is considered **high** in calories

**3**

## Choose Nutrients Wisely

**% Daily Value (%DV) shows how much a nutrient in a serving of the food contributes to a total daily diet.** Use %DV to see if a serving of the food is high or low in an individual nutrient and to compare food products.

**TIP**

- **5% DV** or less of a nutrient per serving is considered **low**
- **20% DV** or more of a nutrient per serving is considered **high**

Choose foods that are higher in nutrients to get more of (dietary fiber, vitamin D, calcium, iron, and potassium) and lower in nutrients to get less of (saturated fat, *trans* fat, sodium, and added sugars).

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

\* 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.



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[www.fda.gov/nutritioneducation](http://www.fda.gov/nutritioneducation)

