

# Get the Facts!

## Steps to Reading and Understanding Nutrition Facts Labels

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You can make quick, informed decisions about foods by following these steps to reading Nutrition Facts labels on food packages.

<b>Nutrition Facts</b>	
8 servings per container	
<b>Servings size</b>	<b>2/3 cup (55g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>230</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carbohydrate</b> 37g	<b>13%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 12g	
Includes 10g Added Sugars	<b>20%</b>
<b>Protein</b> 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 240mg	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.

**1 Look at the serving size and number of servings in the package.**  
*Tip:* Ask yourself, “How many servings am I eating?”

**2 Look at the number of calories in one serving.**  
 All the rest of the information on the label is based on one serving.  
*Question:* Looking at the nutrition label, how many calories would you get from consuming two servings of this food?  
 A. 460 B. 110 C. 250 D. 500  
*Answer:* A. Eating two servings of this product would provide you with 460 calories.

**3 Compare the amount of fat, saturated fat, cholesterol and sodium to the total amount recommended (see the % Daily Value). Try to minimize trans fat in your diet.**  
 Eating too much of these may increase your risk of developing chronic diseases. Eating too much saturated fat and/or trans fat, for example, may increase your risk of heart disease.

**4 Check the amounts of dietary fiber, vitamin D, calcium, iron and potassium.** Getting enough of these nutrients in your diet may lower your chances of developing some diseases and/or adverse health outcomes. For instance, getting enough calcium may help lower your risk of developing osteoporosis, a condition of weakened, fragile bones.

**5 Check out the % Daily Value.** Food labels list percentages of the recommended daily intakes of several nutrients. The numbers are based on a 2,000-calorie diet and are used for adults who are 18 years or older. If you consume more or less than 2,000 calories per day, you still can use % Daily Values as a reference.

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