

# The Nutrition Facts Label

## Look for It and Use It!

Information you need to make healthy choices throughout your day

Found on all packaged foods and beverages

Use it to compare foods!

If you consume more calories than you burn, you gain weight.

400 calories or more per serving is high; 100 calories per serving is moderate.

**Calories**

Check the serving size on food packages.

The information listed on the Nutrition Facts Label is based on **one** serving. Servings are shown in common measurements like cups, ounces, or pieces.

**Serving Size & Servings Per Container**

One package may contain more than one serving!

If you eat multiple servings- you're getting "multiples" on calories and nutrients too.

Nutrition Facts	
Serving Size 1 package (272g)	
Servings Per Container 1	
Amount Per Serving	
<b>Calories 300</b>	Calories from Fat 45
% Daily Value*	
<b>Total Fat</b> 5g	<b>8%</b>
Saturated Fat 1.5g	<b>9%</b>
Trans Fat 0g	
<b>Cholesterol</b> 30mg	<b>10%</b>
<b>Sodium</b> 430mg	<b>18%</b>
<b>Total Carbohydrate</b> 55g	<b>18%</b>
Dietary Fiber 6g	<b>25%</b>
Sugars 23g	
<b>Protein</b> 14g	
Vitamin A	80%
Vitamin C	35%
Calcium	6%
Iron	15%
* 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
Saturated 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

Nutrients to get more of

Try to get 100% DV of these:

- Calcium
- Dietary Fiber
- Iron
- Vitamins A & C

To meet these goals, eat a variety of foods, including:

- Fruits and vegetables
- Whole grains
- Fat free or low-fat milk
- Lean meats
- Eggs
- Seafood
- Beans, peas, seeds

**Nutrients**

Nutrients to get less of

- Sugar
- Saturated Fat
- Sodium

**%DV**

**%DV = Percent Daily Value**

%DV is based on "daily values"- the amount of nutrients recommended for Americans aged 4 and older to eat every day.

**Nutrition Facts**  
**Read the Label**



www.fda.gov/nutritioneducation

\*This is general information. If you have any questions or concerns regarding nutrition and or health, please consult your doctor.

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