

HOW TO UNDERSTAND AND USE THE NUTRITION FACTS LABEL

PAY ATTENTION TO SERVING SIZE

LIMIT THESE NUTRIENTS

GET ENOUGH OF THESE NUTRIENTS

Nutrition Facts	
Serving Size 1/2 cup (about 82g)	
Servings Per Container 8	
Amount Per Serving	
Calories 200	Calories from Fat 130
% Daily Value*	
Total Fat 14g	22%
Saturated Fat 9g	45%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 40mg	2%
Total Carbohydrate 17g	6%
Dietary Fiber 1g	4%
Sugars 14g	
Protein 3g	
Vitamin A 10% • Vitamin C 0%	
Calcium 10% • Iron 6%	
*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 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

CHECK CALORIES PER SERVING

QUICK GUIDE TO % DAILY VALUE (% DV)

DIETARY RECOMMENDATIONS BASED ON CALORIES