

Nutrition Facts Label

"Just the facts, ma'am. Just the facts."

The **servings per container** tells you how many servings are in that package.

The **serving size** tells you how much of that food is one serving.

The **% Daily Value** tells you if a food is high or low in a certain nutrient. A daily value of 20% or more for a nutrient is considered **HIGH** in that nutrient.

The **nutrients** section provides a list of important nutrients and how much is in each serving. (Nutrients include both those you want more of and those you want to limit.)

Ingredients are also listed on the label, in order of highest to lowest amount contained, and are generally found just below the nutrition facts label.

Food labels in the U.S. also list the most common food allergens including milk, eggs, fish, crustacean shellfish, tree nuts, peanuts, wheat, soybeans and sesame.

Each time you go grocery shopping, choose one or two common foods that you buy, and look at the nutrition facts label.



Did you know?

The amount of carbohydrates in food includes fiber and total sugar (including added sugars).

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Sample Food ABC

Nutrition Facts

8 Serving per container
Serving Size 2/3 Cup(55g)

Amount per serving
Calories 230

	% Daily Value*
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mg	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.

Ingredients: Enriched wheat flour, rye flour, shortening, sugar, corn sweetener, barley flour, salt, leavening.



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