

# Label Reading Made Easy

Getting the Most out of Nutrition Facts



Nutrition Facts			
Serving Size 1 cup (228g)			
Servings Per Container 2			
Amount Per Serving			
Calories 260		Calories from Fat 120	
		%Daily Value*	
Total Fat	13g		20%
Saturated Fat	5 g		25%
Trans Fat	2 g		
Cholesterol	30 mg		10%
Sodium	660 mg		28%
Total Carbohydrate	31g		10%
Dietary Fiber	0g		0%
Sugars	5g		
Protein	5g		
Vitamin A	4%	•	Vitamin C 2%
Calcium	15%	•	Iron 4%
* 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
Calories per gram:			
Fat	9	•	Carbohydrate 4
		•	Protein 4

The total calories from fat, carbohydrate, and protein in **one** serving

If a food has 5% or less of the Daily Value of a nutrient, it is "low" in that nutrient

If a food has 20% or more of the Daily Value of a nutrient, it is "high" in that nutrient

Shows the differences between 2000 and 2500 calorie diets. Remember, the % Daily Values are based on a 2000 calorie diet, not a 2500 calorie diet.

Serving size & number of servings per container are important. All of the information on the label is based off of **one** serving, not the entire container.

The % Daily Values are based on a 2000 calorie diet. You and your child may have needs that are higher or lower than that amount, so it's best to check with a Registered Dietitian to learn how much you should be eating.

States the number of calories in each gram of fat, carbohydrate, or protein.

[NYP.ORG/KIDS](http://NYP.ORG/KIDS)