

### How to Read a Nutrition Facts Panel

**1** Start Here →

**2** Check Calories →

**3** Limit these Nutrients →

**4** Get enough of these Nutrients →

**5** Quick Guide to % Daily Value

5% or less is LOW

20% or more is HIGH

Yikes! That is A LOT of added sugar!

Nutrition Facts	
8 servings per container	
<b>Serving 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	5%
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	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
<b>Protein</b> 3g	
<b>Vitamin D</b> 2mcg <b>10%</b>	
<b>Calcium</b> 260mg <b>20%</b>	
<b>Iron</b> 8mg <b>45%</b>	
<b>Potassium</b> 235mg <b>6%</b>	

\* 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. **Check the serving size.** All the information on the Nutrition Facts Panel is for this amount. Think about how many servings are in the entire package, and how many servings you consume in one sitting. If you consume twice as much as a serving size, double everything you read on the Nutrition Facts Panel.
2. **Check calories.** This number explains how much energy you are consuming in one sitting. Too many calories can lead to weight gain.
3. **Limit some nutrients.** Consuming too much saturated and trans fat, cholesterol, sodium and added sugars can increase risk of chronic disease, such as heart disease, high blood pressure, overweight and obesity.
4. **Get enough of other nutrients.** Eating enough dietary fiber (at least 2 g per serving) and a variety of vitamins and minerals can improve and maintain health.
5. **Keep the % daily value low** (5% or less) for nutrients you want to limit, such as sodium and added sugar.



Adapted from: US Department of Health and Human Services, Food and Drug Administration

