



How to Read and Understand a Nutrition Facts Label

The Food & Drug Administration's mandatory requirement of nutrition labeling of almost all packaged foods is good news for everyone. We all know the important relationship between a nutritious diet and good health, and nutrition labels can help reinforce that fact. Here's how to interpret important information and categories on the label:

Nutrition Facts	
8 servings 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	
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 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	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.

1 Serving Size

The nutrition facts are for the indicated serving size. Compare the amount you usually eat to the serving size on the label; for example, if you usually eat two cups, you would be consuming twice the calories, fat and nutrients listed on the label.

2 Calories

Reflects the calories from all sources listed on the label combined.

3 % Daily Value

This column lists the serving's percentage of total daily nutrients in the categories listed. The footnote shows the average level of nutrients for a person consuming 2,000 calories per day. The label shows that one serving of this food contains 7 percent of the maximum amount of sodium that should be consumed in a day.

4 Limit These

For better health, the FDA recommends limiting consumption of foods containing high amounts of these nutrients.

5 Get More of These

Aim to reach 100% DV of these nutrients over the course of your day. Therefore, look for higher amounts of these nutrients in foods you consume.

6 Use for Reference

This information can be used as a guide when calculating the total amount of the specific nutrients listed that you should consume in a day.

Poppy Life Care's Nutrition Program offers information on a variety of topics related to proper nutrition and its effect on health. Visit www.poppylifecare.org/nutrition for more information.

The information presented is offered for educational and informational purposes only, and should not be construed as personal medical advice. Please consult with your family's personal physician/caregiver regarding your own medical care. Detailed information about the FDA's new nutrition label can be found at www.fda.gov/NewNutritionFactsLabel.