

# Read the **Food Label** to Make **Good Choices**

| <b>Nutrition Facts</b>  |                       |
|---|-----------------------|
| 8 servings per container  |                       |
| Serving size <b>2/3 cup (55g)</b>   |                       |
| <b>Amount per serving</b>   |                       |
| <b>Calories 230</b>   |                       |
|   | <b>% Daily Value*</b> |
| <b>Total Fat</b> 8g   | <b>10%</b>            |
| Saturated Fat 1g  | <b>5%</b>             |
| 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  | <b>14%</b>            |
| Total Sugars 12g  |                       |
| Includes 10g Added Sugars   | <b>20%</b>            |
| <b>Protein</b> 3g   |                       |
| Vitamin D 2mcg  | 10%                   |
| Calcium 200mg   | 15%                   |
| 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 Start Here

Ask yourself, How many servings am I eating—1 serving, 2 servings, or more?

## 2 Check Calories

The number of servings you eat determines the number of calories you actually eat. Watch out for snack foods that have more than one serving in a package.

## 3 Limit These Nutrients

Eating too much saturated fat, trans fat, or sodium increases your risk of heart disease, some cancers, and high blood pressure. Keep an eye on foods that are high in cholesterol since they tend to be high in saturated and trans fat.

Total sugars include sugars naturally present in many foods and beverages, such as sugar in milk and fruits, as well as added sugars that may be present in the product. There is no **Daily Value** for total sugars because no recommendations have been made for the total amount to eat in a day.

Added sugars are sugars that have been added to foods during processing and can include table sugar, honey, syrups, and concentrated juices. It is hard to stay within calorie limits when you eat too many added sugars. Did you know that 4 grams of sugar is equal to 1 level teaspoon? **Sugar shocker!**

## 4 Get Enough of These Nutrients

Eat more of these nutrients to improve your health.

## 5 Quick Guide to %DV

### 5% or Less Is Low

You want 5% or less for nutrients you want to limit such as saturated fat, trans fat, sodium, and added sugars.

### 20% or More Is High

You want 20% or more for nutrients you want to eat in greater amounts such as dietary fiber, vitamin D, calcium, iron, and potassium.

Trans fat has no % Daily Value. For a healthy heart, keep trans fat as low as possible.

Protein has no % Daily Value. Most people get plenty of protein in their diets.

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