

Top 5 questions your food label can answer¹

1

What's the serving size?

It's provided to help shoppers compare values between foods. But what's on the label is sometimes quite different from what most people actually consume. That means the amount you actually eat could be much higher than what's shown.

2

How many calories?

To manage your weight, balance the number of calories you eat and drink with the calories your body uses. The average human needs about 2,000 calories a day. Your needs may be higher or lower and vary depending on your age, sex, height, weight, and physical activity level.

3

What are Daily Values (DVs)?

They're recommended amounts of nutrients either to not exceed or to get enough of each day. Percentages show how much of each nutrient one serving of the food provides.

4

What's high and what's low?

5% Daily Value (DV) or less per serving is considered **low** for any one nutrient.

20% DV or more is **high**.

Go high on Dietary Fiber, Vitamin D, Calcium, Iron, and Potassium.

Go low on Saturated Fat, Sodium, and Added Sugars.

5

What's the added sugar?

Some foods like yogurt, fruit or even carrots have naturally occurring sugars. Other foods have sugar that's been added in the manufacturing process. Those are the ones to watch out for.

Men: Try for less than 36 grams of added sugar a day.

Women: Aim for 25 grams or less. (Note that one 12-ounce can of soda has 32 grams.)²

Nutrition Facts	
4 servings per container	
Serving size 1 cup (227g)	
Amount per serving	
Calories 280	
% Daily Value*	
Total Fat 9g	12%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 850mg	37%
Total Carbohydrate 34g	12%
Dietary Fiber 4g	14%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 15g	
Vitamin D 0mcg	0%
Calcium 320mg	25%
Iron 1.6mg	8%
Potassium 510mg	10%

* 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.

¹US Food and Drug Administration. How to Understand and Use the Nutrition Facts Label. <https://www.fda.gov/food/new-nutrition-facts-label/how-understand-and-use-nutrition-facts-label>

²American Heart Association. How much sugar is too much? <https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/sugar/how-much-sugar-is-too-much>