

Get More From A Nutrition Facts 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 240mg	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.

Calories & Serving Size
Serving sizes reflect the amount most commonly eaten. Packages show calories per serving.


Heart Health
Keep total saturated fat intake to **10% of daily calories** or less and keep trans fat as close to 0 as possible. Sodium should be kept low too. DV for sodium = <2,300 mg per day.


Added Sugars & Fiber
10% or fewer calories should come from added sugars, which is a max of 50g per day. **Keep fiber high** and added sugar low when you can.

Protein
Monitoring consumption of protein and choosing protein foods that are lower in saturated fat
Protein generally has no %DV so use # of g as a guide

Nutrients
Consuming the recommended daily amounts of vitamins and minerals in addition to carbohydrates, protein, fat, and dietary fiber helps support many important body processes.

% Daily Value
Tells you how much a nutrient in a serving of food. Based on a 2,000 calorie per day diet.
5% DV or less of a nutrient per serving = low
20% or more of a nutrient per serving = high

 **Nutrients to get more of (>20% DV):**
Dietary Fiber, Vitamin D, Calcium, Iron, Potassium

 **Nutrients to get less of (<5% DV)**
Saturated Fat, Trans Fat, Cholesterol, Sodium, Added Sugars