Label Reading Made Easy
Getting the Most out of Nutrition Facts

Nutrition Facts
Serving Size 1 cup (228g)
Servings Per Container 2

Amount Per Serving
Calories 260
Calories from Fat 120

Total Fat 13g  20%
  Saturated Fat  5g  25%
  Trans Fat  2g
Cholesterol 30 mg  10%
Sodium 660 mg  28%
Total Carbohydrate 31g  10%
  Dietary Fiber 0g
  Sugars 5g
Protein 5g

Vitamin A 4%  •  Vitamin C 2%
Calcium 15%  •  Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on your calorie needs.

<table>
<thead>
<tr>
<th>Amount</th>
<th>2,000</th>
<th>2,500</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>2,000</td>
<td>2,500</td>
</tr>
<tr>
<td>Total Fat</td>
<td>Less than 65g</td>
<td>80g</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>Less than 20g</td>
<td>25g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>Less than 300mg</td>
<td>300mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>Less than 2,400mg</td>
<td>2,400mg</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>300g</td>
<td>375g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>25g</td>
<td>30g</td>
</tr>
</tbody>
</table>

Calories per gram:
Fat 9  •  Carbohydrate 4  •  Protein 4

Serving size & number of servings per container are important. All of the information on the label is based off of one serving, not the entire container.

If a food has 5% or less of the Daily Value of a nutrient, it is “low” in that nutrient.
If a food has 20% or more of the Daily Value of a nutrient, it is “high” in that nutrient.

The % Daily Values are based on a 2000 calorie diet. You and your child may have needs that are higher or lower than that amount, so it’s best to check with a Registered Dietitian to learn how much you should be eating.

The total calories from fat, carbohydrate, and protein in one serving.

Shows the differences between 2000 and 2500 calorie diets. Remember, the % Daily Values are based on a 2000 calorie diet, not a 2500 calorie diet.

States the number of calories in each gram of fat, carbohydrate, or protein.

NYP.ORG/KIDS