

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**

%Daily Value*

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 0%

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.

| | | Calories 2,000 | 2,500 |
|--------------------|-----------|----------------|---------|
| Total Fat | Less than | 65g | 80g |
| Saturated Fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300mg |
| Sodium | Less than | 2,400mg | 2,400mg |
| Total Carbohydrate | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |

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

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

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

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.

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.

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.

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

NYP.ORG/KIDS