Make Sense of Food Labels

Reading food labels is an important step in understanding how many calories you're consuming. Accurately recognizing serving size, calories, as well as nutrients to limit and those to increase, will help you understand how to make healthy food choices as you improve your whole body health.

In this graphic, you see two versions of the label. All manufacturers will be required to carry the new label by January 2021.

1. Serving Size

Start by looking at the serving size. All the other facts on the label are based on this amount of food.

Also look at the number of servings in the package. This package contains eight servings. So if you eat the whole package, you'll need to multiply all the other facts on the label by eight. Compare the serving size you eat with the size listed on the label.

SIDE-BY-SIDE COMPARISON

Original Label

rition Facts

Serving Size 2/3 cup (55g) Servings Per Container About 8

Amount Per Serving	
Calories 230	Calories from Fat 72
	% Daily Value
Total Fat 8g	12%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate	37g 12 %
Dietary Fiber 4g	16%
Sugars 12g	

Protein 3g Vitamin A

Vitamin C

Calcium	20%		
Iron	45%		
* Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on			
your calorie needs.	depending on		

	CHICK PEG.	2,000	2,000
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400n
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

New Label

8 servings per container Serving size 2/3 cup (55g)

Calories

% Dai	ly 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	

8%

Vitamin D 2mcg	109
Calcium 260mg	209
Iron 8mg	459
Potassium 235mg	69

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

Source: FDA.gov

Other ways to find out nutrition facts:

- Computer apps
- Smartphone apps
- Websites
- Food manufacturer websites
- Restaurant website for many chain restaurants



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2. Calories

Knowing the calories can help you reach or stay at a healthy weight. The calories are the amount of energy you get from a serving of this food. Many Americans consume more calories than they need. Try to get fewer than 30 percent of your calories from fat.

3. Limit These Nutrients

- Fat
- Saturated fat
- Trans fat
- cholesterol
- Sodium
- Added Sugar

Eating too much of these nutrients can raise your risk of certain health problems, including heart disease, some cancers, and high blood pressure. A product with 5% or less daily value is considered "low" in that nutrient.

4. Get Enough of These Nutrients

- Fiber
- Vitamins (such as vitamin A, C and D)
- Minerals (such as calcium, iron and potassium)

Eating enough of these nutrients can improve your health and lower your risk of certain health problems. For instance, getting enough calcium can help strengthen your bones and teeth. Eating plenty of fiber can help you lose weight, lower your cholesterol, and manage your blood sugar. A product with 20% or more daily value is considered "high" in that nutrient.

SIDE-BY-SIDE COMPARISON Original Label **New Label** Nutrition Facts Nutrition Facts Serving Size 2/3 cup (55g) 8 servings per container Servings Per Container About 8 2/3 cup (55g) Serving size ount Per Serving Calories 230 Calories from Fat 72 Amount per serving Calories 12% Total Fat 8g Saturated Fat 1g 5% Total Fat 8g 10% Trans Fat 0g Saturated Fat 1g 5% Cholesterol Omg 0% Trans Fat 0g Sodium 160mg 7% Cholesterol Omg 0% Total Carbohydrate 37g 12% Sodium 160mg 7% Dietary Fiber 4g 16% Sugars 12g Total Carbohydrate 37g 13% Protein 3a 14% Dietary Fiber 4g Total Sugars 12g Vitamin A 10% Includes 10g Added Sugars 20% Vitamin C 8% Protein 3g 20% Calcium 45% Iron Vitamin D 2mcg 10% Percent Daily Values are based on a 2,000 calorie diet. Calcium 260mg 20% Your daily value may be higher or lower depending on your calorie needs. Iron 8mg 45% Calories: 2,500 80g 25g 300mg Total Fat Less than Less than 65g 20g Potassium 235mg 6% Cholesterol Less than 300mg The % Daily Value (DV) tells you how much a nutrient in Sodium Less than 2,400mg 2,400mg 375g a serving of food contributes to a daily diet. 2,000 calorie 300g a day is used for general nutrition advice. Dietary Fiber



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5. Check the Ingredients List

The list of ingredients can also help you make good food choices. Look for products with a short list of "real food" ingredients that you recognize. This means the food is less processed.

SIDE-BY-SIDE COMPARISON Original Label **New Label** Nutrition Facts **Nutrition Facts** Serving Size 2/3 cup (55g) 8 servings per container Servings Per Container About 8 Serving size 2/3 cup (55g) Amount Per Serving Calories 230 Calories from Fat 72 Amount per serving Calories 12% Total Fat 8g Saturated Fat 1g 5% Total Fat 8g 10% Trans Fat 0g Saturated Fat 1g 5% Cholesterol 0mg 0% Trans Fat 0g Sodium 160mg 7% Cholesterol 0mg 0% Total Carbohydrate 37g 12% Sodium 160mg 7% Dietary Fiber 4g 16% Sugars 12g Total Carbohydrate 37g 13% Protein 3a Dietary Fiber 4g 14% Total Sugars 12g Vitamin A 10% 20% Includes 10g Added Sugars Vitamin C 8% Protein 3g Calcium 20% 45% Iron Vitamin D 2mcg 10% Percent Daily Values are based on a 2,000 calorie diet. Calcium 260mg 20% Your daily value may be higher or lower depending on your calorie needs. Iron 8mg 45% Calories: 2,500 Total Fat Sat Fat Less than 65g Less than 20g 80g 25g 300mg Potassium 235mg 6% Cholesterol Less than 300ma 2,400mg * The % Daily Value (DV) tells you how much a nutrient in Sodium 2,400mg 300g 375g a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice. Dietary Fiber 30g

