

How to read a nutrition label

1 Serving size

First, look at the serving size and the number of servings in the package. All of the information on this label is based on this serving size. If you eat double the serving, you will consume double the calories, carbohydrate, fat and other nutrients.

2 Calories

Calories provide a measure of how much energy you get from a serving of this food. This shows the total calories per serving. The portion of the total calories that comes from fat is also given. A good rule of thumb is to look for foods that show one-third or fewer of the total calories coming from fat.

3 Total fat

This shows the total grams of fat in one serving of that food.

Unsaturated fat

You can find the amount of unsaturated fat by subtracting the amount of saturated and trans fat from the total fat. Eating more unsaturated fats than saturated fats can help lower blood cholesterol levels. Most unsaturated fats come from plant sources and include canola, vegetable and olive oil.

Saturated, trans fat and cholesterol

Eating too much saturated or trans fat may increase your risk of certain chronic diseases, such as stroke, heart disease and some types of cancer.

4 Sodium

This shows the amount of sodium (salt) in one serving. This is important if you are on a low-sodium diet or if you have high blood pressure.

5 Total carbohydrate

Includes starches, fiber and sugars. The fiber and sugars are also listed separately to help you make healthy choices.

6 Dietary fiber

This shows the portion of the total carbohydrate per serving that is fiber. Eating a diet high in dietary fiber promotes healthy bowel function and heart health.

Nutrition Facts

1 8 servings per container
Serving size 2/3 cup (55g)

Amount per serving
2 Calories 230

	% Daily Value*
3 Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg 4	7%
5 Total Carbohydrate 37g	13%
Dietary Fiber 4g 6	14%
7 Total Sugars 12g	
Includes 10g Added Sugars	20%
8 Protein 3g	
9 Vitamin D 2mcg	10%
Calcium 200mg	15%
Iron 8mg	45%
Potassium 235mg	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.

7 Total sugars

This shows the amount of carbohydrate per serving that comes from sugar. This includes both natural sugar and added sugars. Try to minimize added sugars.

8 Protein

This shows the total grams of protein in one serving. Protein is an essential nutrient for growth and health.

9 Vitamins and minerals

Eating enough of these nutrients can improve your health and help reduce the risk of some diseases and conditions.