

# Nutrition Facts Label



NUTRITION FACTS	
Serving Size: ¾ cup (160 grams)	
Servings Per Container: 8	
Amount Per Serving	
Calories: 150	
% Daily Value	
<b>Total Fat:</b> 2 g	3%
Saturated Fat: 1g	4%
<b>Cholesterol:</b> 3mg	1%
<b>Sodium:</b> 118mg	5%
<b>Total Carbohydrate:</b> 31g	10%
Dietary Fiber: 7g	27%
Sugar: 6g	
<b>Protein:</b> 6g	12%
Vitamin A -78%	Vitamin C -60%
Calcium -12%	Iron -10%
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	<65g <80g
Sat Fat	<20g <25g
Cholesterol	<300mg <300mg
Sodium	<2,400 mg <2,400mg
Total Carbs	300mg 375mg
Fiber	25g 30g
Calories per gram:	
Fat 9	Carbohydrate 4 Protein 4

Reading the nutrition facts label can be tricky.

It is important to understand the different parts of the label. This will help you to get the most out of the nutrition facts label. Look at the nutrition facts label to the left and read each section below.

## Serving Size and Servings Per Container

The serving size is important to understand. This label shows a serving size of ¾ cup. That means that all of the rest of the information on the label is based on a serving size of ¾ cup. There are also 8 servings in the complete package. This means that the entire container is 6 cups.

## Calories

The label shows that one serving equals 150 calories. It is important to remember that there are 150 calories in each serving. If you were to eat the entire container, you would consume 1200 calories. Sometimes the label will also list the calories from fat.



## Fat

Fat is listed as total fat, saturated fat and now food manufacturers are required to list trans fats on the label. It is important to limit fats. If you were to consume a 2,000 calorie diet daily, you should consume less than 65 grams of

total fats, less than 20 grams of saturated fats and only trace amounts of trans fats. Trans fats are harmful because they raise our risk of coronary heart disease by clogging arteries. This can cause a clog in the arteries leading to the heart and brain which can cause a heart attack or stroke.

## Cholesterol

Cholesterol is also another item that needs to be limited. For a 2,000 calorie diet, you should not consume more than 300mg of cholesterol daily. We need cholesterol to digest foods, make hormones, make some vitamins and build cell walls. It is the amount of cholesterol that needs to be controlled. Too much cholesterol can cause atherosclerosis, heart attack and stroke.

## Sodium

Many Americans consume too much sodium. The current recommendation is to consume less than 2,400mg daily. Too much sodium in the diet can lead to high blood pressure and increase your risk of developing heart disease and stroke.

## Carbohydrates

Carbohydrates are important to the body because they are the preferred fuel for most body functions. The label shows the total number of grams of carbohydrates and then also the number of grams of fiber and sugar. Fiber is very beneficial to the body. Most foods high in fiber often contain a large amount of vitamins and minerals. Fiber helps to prevent and/or treat constipation, diverticulosis, irritable bowel syndrome, hemorrhoids and help with removing cholesterol from the body, regularity, colon cancer, weight and diabetes. The recommended amount of fiber per day is 20 to 35 grams per day for adults.



## Protein

Protein is what the body uses to make muscles, bones and skin. Protein also helps to build and repair tissue, form antibodies to fight off infection and give the body energy.

## Vitamins and Minerals

- Vitamin C helps with healthy teeth, gums and bone, heals cuts and fractures, aids in the prevention and treatment of colds and helps with a healthy heart and eyes. Adults need 50-60mg per day.
- Vitamin A plays an important role in vision, growth, healthy skin and tissues and helps to resist infections. Adults need 800-1000mcg per day.
- Calcium helps with strong bones and teeth. Adults need 1000-1200mg per day.
- Iron carries oxygen from the lungs to the rest of the body. Adults need 10mg per day.



The vitamins and minerals are listed as a percentage of the total needed daily. For example, calcium is listed as 12%. That means it is 12% of the 1000mg needed daily or 120mg. It is not necessary to convert to milligrams as long as you remember to consume enough calcium daily to equal 100%.

The bottom of the nutrition facts labels lists the amount of fat, saturated fat, cholesterol, sodium, carbohydrates and fiber recommended for a 2,000 calorie and 2,500 calorie diet.